

SEP

20

2012

## Andover votes to create a plan to leave SAD 44

By ALISON ALOISIO

Andover residents voted 221-39 Tuesday to craft an educational/financial plan that could lead to the town's withdrawal from SAD 44, according to Selectboard Chair Susan Merrow.

A committee appointed by selectmen will receive up to \$24,000 to aid the effort, which includes financial negotiations with SAD 44.

When the plan is complete, residents will return to the polls to vote on it. A two-thirds approval is needed for the town to actually leave the district.

Residents have expressed concern in the past two years about the uncertainty of the future of the Andover Elementary School. The town pays extra money each year to SAD 44 to keep it open.

At a public hearing in Andover last month, some voters said they favored creating a withdrawal plan to establish solid information on which to base a decision on the future of their children's education.

## Woodstock wind draft proposes tighter restrictions

By ALISON ALOISIO

Under a newly-proposed ordinance, if a developer wishes to build a commercial wind project in Woodstock in the future, neighbors within a two-mile radius of the towers will be notified, and decibel levels will be set significantly below the state requirement.

The Woodstock Wind Ordinance Committee presented a draft to selectmen Tuesday, explaining and discussing it for an hour.

The committee has been at work on the ordinance for more than a year, drawing on state requirements, ordinances from other towns and Wood-

See WIND Page 4

**PUBLIC SUPPER  
WEST BETHEL  
UNION CHURCH**  
Saturday, September 22,  
5:30-6:30  
Adults \$7, Children under 12 \$3

## Shuttered restaurant to be reborn

Below &amp; Page 3



# The Bethel Citizen

Vol. CXVIII - No. 40 Thursday • September 20, 2012

75¢ a Copy

*Serving Bethel and neighboring communities in the mountains of western Maine*

Mmmmmmm good



At Saturday's Harvestfest Stetson Easler, 4, of Bethel tried his hand at making home-made applesauce with a food mill outside the Bethel Historical Society. Stan Howe, director of education and research at BHS, cooked the apples (in pot in foreground), and also provided demonstrations on an apple cider press — along with samples of the final product. (Photo: A. Aloisio)

## Student pilot with disability has lofty goals for his future

By CHERRI CROCKETT  
*Special to the Bethel Citizen*

"When I'm up in the air flying and look down, everything is just so perfect. Just the way God made it. You don't see any imperfections. When I fly it's as if all the things that affect a person while on earth just disappear and the barriers all get broken down."

Enock Glidden of Bethel was born with Spina Bifida. His parents were told by doctors that he

wouldn't live longer than three months. Glidden's mom, who has a strong religious faith, prayed and cared for her son like any loving mother would.

Today, with upwards of 50 surgeries behind him and two years in bed, at the age of 34 Glidden has defied doctors' prognosis and he credits his life plan to God.

"Life shouldn't have happened for me, but it did," stated Glidden. "I'm

not going to wait around for things to happen."

A native of Millinocket, Glidden remembers having a lot of friends through his childhood years, and thinking that his wheelchair may have made him more popular. "Everyone wanted to help me," he said. "I wasn't picked on. Kids were always around trying to do what they could for me."

See ENOCK, Page 4

## Shuttered restaurant to be reborn as "Inman's Diner and Dairy Bar"

By ALISON ALOISIO

Brian Inman was a student at Telstar 17 years ago when he started working as a dishwasher at the Matterhorn restaurant in Newry.

He worked his way up to kitchen manager, where he has served for the past five years.

Now Inman and his wife, Erica, are making the leap to their own busi-

ness with the purchase of a local institution: the former Bethel's Best/Bread's restaurant in Bethel.

"We hope to open in early October," he said last week.

The new restaurant will be called "Inman's Diner and Dairy Bar."

"We deliberated for weeks about the name," Brian said.

They decided on the fam-

ily name in honor of Brian's grandfather, who operated Inman's Garage in Waterford years ago.

Brian credits Erica with giving the couple the opportunity to take a chance on their own business. She graduated from nursing school last spring, and her job now allows him to concentrate his efforts on the

See INMAN'S, Page 3

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## Letters

### BRODERICK FOR REP.

#### To the Editor:

I am writing this letter to express my support for Michael Broderick as our State Representative for District 91. Michael will work hard in Augusta to represent the citizens of District 91. He is a fair and honest person that people can trust. Michael has experience in purchasing and supply management. He has served on many civic committees including the Bethel Water District and the Regional Transportation committee. He has also served in a leadership capacity in the local Catholic Church.

I support Michael's candidacy and urge others to vote for Michael Broderick to be our State Representative in the upcoming November election.

Linda Howe  
Bethel

### OUTDOOR WEEKEND

#### To the Editor:

The Mahoosuc Land Trust in partnership with The UMaine 4-H Camp and Learning Center at Bryant Pond, the Maine Mineral and Gem Museum and Mahoosuc Pathways has developed a great range of activities to celebrate the Great Maine Outdoor Weekend on Saturday, Sept. 29, in the Bethel area.

Four of the activities will start and end at the home of Jeff Newsom and Saranne Taylor, 69 Winslow Road (off of the Intervale Road) in Bethel.

10 a.m.: Meeting place at 69 Winslow Road. Choose one of the following:

- Hike to Bucks and Lapham Ledges.
- Paddle on the Androscoggin (Newt's Landing to Winslow Road location).
- Bike Ride on rolling hills and through farmlands.
- Tour of Bumpus Mine.

2 p.m.: Start of Social Gathering to celebrate the Great Outdoors at 69 Winslow Road. BBQ hamburgers and hot dogs provided by the Land Trust. Please bring a side, salad or dessert to share.

Additionally, Mahoosuc Pathways will hold a trail work day on the Woodsum Spur on Puzzle Mountain in Newt at 9 a.m. at the Grafton Loop Parking Area.

Details are available at: <http://greatmaineoutdoorweekend.org/events/upcoming/>

Additionally, info is on Facebook.com/mahoosculandtrust or call the Mahoosuc Land Trust office at 824-3806.

Look forward to seeing you on Saturday, Sept. 29, to Celebrate the Mahoosuc Outdoors.

Steve Wight  
Great Maine Outdoors Coord., Mahoosuc Land Trust

### REMEMBERING VICTOR COOLIDGE

#### To the Editor:

Victor Coolidge's recent death removes from our midst one of East Bethel's best-known residents, whose lively personality and often over-the-top sense of humor touched the lives of so many who came to know him. More than two hundred family and friends attended his service in the hay field where he was stricken. It was one of his favorite spots and was especially appropriate as the location for a celebration of his colorful life.

Vic loved history and was a life member of the Bethel Historical Society. For years, it has been his custom to stop by the society with his Annual Fund gift and to see what new history books we offered that he did not have. Often his visit would lead to some discussion of East Bethel and remembrance of certain details regarding the "characters" we had known while we were growing up. Vic always had some memorable tales to share, a number of them not particularly fit for innocent ears, but how he enjoyed telling them. Usually I could add a lurid detail or two to make them even more outrageous much to his delight. I don't think he ever forgot anything he had seen or heard in his sixty years of life. As I recall, he always parted with a big smile on his face and I came away shaking my head, but with a greatly enhanced appreciation of his extraordinary storytelling capabilities.

Vic possessed a strong work ethic and owned one of the neatest farms in the neighborhood. He was devoted to his family and commanded great respect as the ultimate good neighbor, who invariably enjoyed life to its fullest, especially if there was ever a hint of scandal or display of human foibles to catch his full attention.

The last time I saw Vic was at his cousin Cindy's funeral earlier this year. He appeared as irrepressible as ever, full of stories and pithy comments despite his lung cancer diagnosis. We later walked about the East Bethel Cemetery as I entertained him with some stories I recalled from annual graveyard clean-ups of the past as well as those days when my father was sexton and I helped him dig graves. I emerged from that experience greatly admiring his bravery and buoyancy even though as we all know now his life was about to end ever so abruptly.

Stan Howe  
Bethel

## The Bethel Citizen

PO Box 109 • Bethel, ME 04217 • 207-824-2444 • 800-9BC-NEWS

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Deadline for town, club and organizational news items is Monday at 4:30 p.m. Advertising deadlines: Real Estate and half page ads or larger: Friday, Noon. Display and Classified ads: Monday at 4 p.m.

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### RICH FOR COMMISSIONER

#### To the Editor:

Rev. Jane Rich of Andover is running for County Commissioner of Oxford County. District 2 comprised of the towns of Andover, Byron, Canton, Dixfield, Gilford, Hartford, Lincoln Plantation, Magalloway Plantation, Mexico, Newry, Peru, Roxbury, Rumford, Summer, Upton and the unorganized territory of Milton and the unorganized territories of Northern Oxford.

Jane worked for many years as County Registrar of Deeds and has a unique understanding of what is right about county government as well as what needs to be changed to make it more efficient. If you live in District 2, please join me in voting for Jane Rich as our fresh voice in managing the affairs of the county to which each town pays a significant portion of its tax dollars.

Steve Wight  
Newry

### HARVESTFEST THANKS

#### To the Editor:

When I finally got home last Saturday night, put my feet up and took stock of the success of the 15th Annual Bethel Harvestfest, Chowdah Cook-off and Apple Pie Contest - the thing that resounded most is how the combined efforts of ALL who were involved in some way with the day's events is what made it GREAT! The Chamber is so pleased that Hancock Lumber agreed to be our Presenting Sponsor this year. As a strong Maine company, and a major employer here in Bethel, Hancock Lumber's commitment to our community is exemplary! They hosted a tour of their Bethel mill facility on Friday that was impressive - as well as having a wonderful presence on the Bethel Common on Saturday. Thank you to Mike Halle who coordinated all of that!

Congratulations to the winners of the Chowdah Cook-off and the Apple Pie contest! Judges' Choice on the best chowder are: First place, Sudbury Inn; second place, Erin's Cafe and Honorable Mention, Funky Red Barn. Peoples' Choice winners were: First place, Sudbury Inn; Second Place, Good Food Store and Honorable Mention, Rooster's Roadhouse. The Cook-off was sponsored once again by Sysco Foodservices of Northern New England and Oakhurst Dairy. Additional restaurant participants to thank are: 22 Broad St., The Bethel Inn Resort, and the Black Diamond Steakhouse! Thanks to our judges, Brian Scheidegger and Larry Risko. The pies were delicious again this year - many thanks to the bakers! Congratulations to Fred Coseglia, the winner of the Best Traditional Pie, to the Sudbury Inn for the Best Professional Pie and to Deb Luxton and Sheila Klatsky for a Tie in the Best Non-Traditional pie. Many thanks to the Good Food Store for their sponsorship of the event and to the other pie bakers: Kelsie Hanscom, Tmana Toennis, Ben Etheridge, Madaline Hallett, Joan Westfall, Cindy Fraher, Mary McGrew, Lynn Kulik, Leah Dickinson, and Freda Davis!

Thanks to Allen's Coffee Brandy for being the Entertainment Sponsor once again and to Jewel Clark who agreed to both coordinate the musicians and Emcee the event! We enjoyed music provided by Max Ater, Jewel Clark, Don Katlin, Sam and Brady Chapman, Just Us 2, Paul Farrar and Nettie & Jenn.

Oxford Networks provided the free wagon rides provided by Deepwood Farm and Mahoosuc Realty and Rentals, Pepsi Beverages Company, Dunkin' Donuts and WOZO Radio and the Bethel Citizen also provided support to help make the event successful!

Many thanks to Sunday River Farms for the donation of the potatoes for the baked potato booth and to Gary Szpara, Steve Etheridge and the crew at the Rooster's Roadhouse who washed, prepped, and baked them for us! The food booth was filled with enthusiastic volunteers that need to be recognized! Thanks to: Jim Graley, Glenna Oliver, Bill Strauss, Ben Etheridge, Dave Fraher, Bob and Barb Dion, Bob Westfall, Adrienne Carorio, Lloyd Sweetser and Susan Isham. The booth was coordinated by Steve Etheridge. Valued cashiers were Fran Etheridge and Judy McGrath.

Other extremely valuable volunteers did a lot to ensure the smooth operation of the event! Many thanks to our set-up and clean-up crews: Doug and Matt Zinchuk, Amanda Moran, Laurie Herron-Knowles, Dave Freiday, Scott Hynek, Lloyd Sweetser, Jim Graley: our chowder cook-off volunteers: Joyce Roma, Sarah Glasfeld, Shelley Bowen, Karen McElroy, Carol Bourque, Read Dickinson, and our chamber booth volunteers: Maggie Kroenke, Cynthia Moran-Laux, and Cathryn Lovejoy!

Tables & chairs were provided by Gould Academy and the Bethel Firemen. The dumpster was provided by D & E Sanitation and the tents by Atlantic Tent Company. Many thanks to all the arts & crafts vendors, to Stone's Chainsaw Art Creations, to the Bethel Historical Society for their added events, to the Local Food Connection for their participation, to Michael Newsom from WJ Wheeler & Co, and Norway Savings Bank for coordinating the First Annual Bethel Cash Mob & After Party, to the Upper Andro Anglers Alliance for the Drift-boat Championship and the Two-Fly Contest, to Bethel Bicycle for coordinating the après Harvestfest bike ride and last, but not least, the Harvestfest Committee members: Sara Hemeon, Rene McGrew, Steve Etheridge, and Lloyd Sweetser for all your help and insight into making this event possible!

A hearty congratulations to Mahoosuc Realty and Rentals for winning the Scarecrow/Harvest exhibit contest! Their patriotic "Olympic Spirit" exhibit is wonderful!

As we look forward to next year's event on Saturday, Sept. 21, 2013, please let us know if you or your organization would like to be involved in making the 16th Annual Bethel Harvestfest & Chowdah Cook-off even more successful!

Robin Zinchuk, Executive Director  
Bethel Area Chamber of Commerce

### Celladore

#### 'Does it pay to fix over an old house?'

All beautiful houses over a hundred years old should be preserved and restored. Whether or not it pays to fix up an ordinary old house depends entirely upon the owner. If one has skills, patience and time, it is less expensive to do it yourself. If one prefers to earn money, a professional always works faster and more efficiently than an amateur. It is wise to think carefully and long before making any drastic structural changes. Houses built in a day when much time was spent at home are usually more livable as they are. If one likes a lot of room, one will get more space for his money in an old house than in a new one. Also, there is an intangible quality, an atmosphere, in old houses that new ones seldom have. Read again about St. Exupery's Little Prince and his flower. When one first moves into a new abode, be it modern from top to toe or be it in shambles, at first there is great enthusiasm to make changes. After a year or two the fervor wanes.

B.B.'s constant remodeling of his barn was recreation for him, a chance to try new arrangements, new materials. The work on the inside of the house he did only to get it over with. We had solved the problem of the cracked dining room floor by carpeting it. The plaster ceiling was left for another day. It was dingy and not worth whitening, and we had gotten used to it. Winding, deep cracks wandered here and there like tunnels in a maze. It looked like a Jackson Pollack painting. Snow crystal shaped pins held up weak spots.

One February day during a snowstorm, B.B. looked up at it saying, "I suppose that I really should check this ceiling for safety; it seems to be sagging a little. Might as well do it right now." Off he went and came back with a stepladder which some guardian angel prompted him to set up in the southeast corner of the room, away from the table and candles. He mounted the ladder, just barely touched the plaster with one hand, when, BANG, a great section fell down with a mighty thud, scattering dust and bits of plaster all over the room.

"Are you hurt?" I screamed as I jumped away. "Hardly," said B.B., "since I am up and some of the ceiling is down." I started to clean up. "Don't do it too thoroughly," said B.B. "I guess the time has come to put up a new ceiling before any more of it comes down. Children running about could jar it. Plaster is heavy; if a chunk fell on them, it could cause a severe injury."

"Now," said I, "in the dead of winter, when we can't have the doors and windows open? We'll be choked by dust." "Better to be choked than a murderer," laughed B.B.

"All right, but I don't want those little squares of stuff that I've seen in many houses." "You wouldn't, since they are the easiest kind of ceiling to put up? You don't, by any chance, want real plaster, do you?"

That is precisely what I did want but I had learned to compromise. "What are the other choices?" I asked. B.B. was not sure but thought that large pieces of hardboard could be put up, the seams covered with tape, sanded, and a finish put on that would look like an unbroken expanse, with no seams showing. "Fine," said I. "I can help you."

Next morning we went at it, moved out all the furniture but the big table, covered the floor with layers of newspapers, put the doors back on and shut them, then cautiously took down the rest of the ceiling. I was not convinced that dry-wall construction is much cleaner than plaster. We removed all the debris. B.B. was off to buy supplies; came back with sheets of hardboard, nails, and some thick black wire. "What's the wire for?" I asked.

"I thought that it would be a good time to put in wires for electricity now. In case we ever get power, it would save a lot of work later on." After he had done the wiring, put up strapping, all the preliminary work, he asked me again, "Do you really think that you want to help me put up these big sections of hardboard?"

## Our

## Back Pages

Danna Brown Nickerson

**10 years ago:** Ashley Hall was the winner of the Big Toad Contest at the Andover Elementary School with a toad weighing 3.08 ounces.

**Bancroft Contracting Corp.** was installing the laminated wood arches to support Greenwood's new 7,200-square-foot sand/salt shed.

**Births:** Gabrielle Leigh Marin, Russell Gary Haines.

**Deaths:** Adrian J. Theriault, Joseph Hebert, Sr.

**20 years ago:** The Middle Intervale Meeting House Society concluded their summer activities with a musical concert featuring the Edelweiss Trio and the Hillsman Chorus.

Hundreds of grandparents, special friends and family were in attendance at Crescent Park School's grandparents' day.

**Births:** Brittany Ann Craig, Shelly Lyn Piawlock, Roger "Joshua" LaCroix.

**30 years ago:** A 5,500 square foot expansion of Sunday River's South Ridge Base Lodge was underway.

A contra dance was held at the Locke Mills Town Hall with live music by "Carolyn and Friends."

**Deaths:** Nathan A. Whitfield, Mrs. Helen Starrett, Clifton W. Tanner, Mrs. Eva H. Yates.

**40 years ago:** Miss Roberta Anderson was chosen outstanding 4-H girl in Oxford County.

**Parker R. Conner** graduated from the Maine School of Nursing, Waterville, and was working at Maine Medical Center as an LPN.

**Birth:** Julie Anne Newton.

**Deaths:** Walter Cecil Brown, Lucien J. Littlehale, Mrs. Catherine V. Verrill.

**50 years ago:** Phillippe Rolfe, 12, received a 15-foot Sports Runabout as 3rd prize winner in the Third Annual Navy Brunswick Summer Festival.

An open house was held at the Congregational Church's newly renovated Harris Memorial Parsonage on Broad Street.

**Death:** Mrs. Ruby Clark Eldredge.

**60 years ago:** The second annual Thurston family reunion was held at Newry Corner Grange Hall with 115 in attendance.

A police school, conducted by Maj. Lowell Henley, was held at the American Legion Home in Bethel.

**Birth:** Beth Ava Bumpon.

**Death:** Mrs. Alfred Hart.

**70 years ago:** Charles Merrill purchased the retail building supplies business of L.E. Davis.

The enrollment at Gould Academy was 271.

**Death:** Mrs. Bion Brown.

**80 years ago:** Mr. and Mrs. Leslie Lapham moved into their new home at North West Bethel.

Farm buildings in Canton owned by M. A. Waite were destroyed by fire. It was the first home built in Canton.

**Deaths:** Mark Richardson, Bernice Irene Francis.

**90 years ago:** Benjamin

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Thursday, Sept. 20, 2012

## The Bethel Citizen

Page 3

### Inman's

Continued from page 1



**WORK IN PROGRESS**-Brian Inman of Albany stands outside Inman's Diner and Dairy Bar with a new sign he will soon install. When the restaurant opens in early October, the hours will be 5:30 a.m. to 9 p.m., and possibly 10 p.m. on weekends.

(Photo: A. Aloisio)

diner.

He's working on sprucing up the exterior and interior with fresh paint, as well as doing other cosmetic work, but there will be no significant alterations in the layout.

He does plan one big change, however.

"We're going to install central heat and air," he said. "I expect to be the most comfortable restaurant in town. I've worked in enough restaurants that I know it's no fun to go and sweat and eat."

As for the menu, his offerings will be similar to his predecessors.

There will be pizza (with homemade dough), subs and a few dinner specials, along with clams, scallops, haddock and seafood baskets. Inman's will also offer breakfasts, and pro-

vide delivery for everything on the menu.

Then there's ice cream. "Everyone wants to know about ice cream," said Brian.

He plans 30 to 40 flavors of hard serve in the warmer months, along with soft serve in chocolate and vanilla.

Because the restaurant will open at the start of the cold months, he will offer a small number of flavors initially.

Opening a restaurant is a lot of hard work, but Brian said he's looking forward to the rewards.

"I enjoy cooking," he said. "Maybe it's the instant gratification - I like seeing the end result quickly. If people like the food, that's satisfying to me."

## McMillin a comfort to ailing animals

By Lindsay Tice  
Sun Media Wire

To Kay McMillin, everyone is "dear," "darling" or "sweetheart," said sweetly soft and lifting.

Canine or feline. Two-legged or four-legged. At the Bethel Animal Hospital, everyone is part of her family.

"I love them all," she said. "All creatures great and small."

McMillin has volunteered at the animal hospital every day for the past 13 years. Nearly 91 years old, she still arrives each afternoon to wash the windows, take out the trash, soothe worried owners and calm frightened pets with soft words and light touches.

"Hello, my darling puppy. You're going home this weekend, sweet face. You'll go home this weekend," McMillin said, cooing to a pup being boarded at the hospital. She paused a moment at each kennel, offering treats and updates to the roomful of pugs, spaniels and mixed-breeds. "Hi, darling. Hi, baby. Yes, darling, yes. Hunter, maybe Saturday, dearie. Maybe Saturday."

McMillin's relationship with the vet's office began in 1999 after her 19-year-old cat, Lacey, got sick. When Lacey was hospitalized, McMillin stayed close by.

"I said to the girls, 'Isn't there something I can do down here?' (They said) 'Oh, yes!'" McMillin recalled. "So I've been doing it ever since, dear."

Even after Lacey died, McMillin, a retired mill worker and forest service employee, went to the vet's office every afternoon to help with ba-

sic chores. She soon found herself comforting scared animals and sitting with grieving owners as they said goodbye to dying pets.

To McMillin, who never married or had children, the people and pets at the Bethel Animal Hospital began to feel like family. Over the years she started referring to them as her kids. They started calling her Grammie.

"She is our grandmother. She is part of our lives," Office Manager Donna Parent said. "It's not the same when she's not here."

Although McMillin has always had dogs or cats, she never got another pet after Lacey. The office cat, Yowser, who had been found as a sick, half-drowned kitten, fills the void nicely, presenting herself for brushing and attention when McMillin arrives each afternoon. When McMillin wants a canine fix, there's a recovering Lab to sit with or boarding pup to fawn over. "Oh, piggies. I love my puppy dogs," she said.

Although she'll turn 91 this month, McMillin hasn't slowed down much. She's still active at Our Lady of the Snows, a local Catholic church she's attended for decades. She still lives in her own Bethel house, and until this summer mowed her own lawn. Her sister made her stop.

"I enjoyed that riding mower," McMillin said. "But she was afraid I'd get hurt, dear."

But while McMillin gave up lawn mowing, she can't imagine ever giving up her afternoons at the Bethel Animal Hospital. "This is my home," she said.

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Also: Bethel Farmers Market, Sat. 9-1 at Norway Savings Bank

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### Flu Shot Clinic

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will be holding our first flu shot clinic. Flu shots will be offered by appointment only on:  
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**Enock**

Continued from page 1



Enock Glidden, who was born with Spina Bifida, leads a very active life. He is seen here with his girlfriend, Sandy Martin, at Beaver Brook Nature Area in New Hampshire. Inset: Glidden rides his new cycle; waits with Tanner and Logan, Sandy's boys, for their first plane ride at the Bethel Airport; kayaks on Songo Pond. Glidden has found Bethel to "have it all."

As he grew older and wanted to experience more, he began to figure out different ways to do those activities that people with legs often take for granted.

On entering Katahdin Junior High in Millinocket, Glidden was grateful to his physical education teacher, Bob Dyer, who took it upon himself to take Glidden hunting, fishing, cycling, even traveling to Sunday River to learn how to ski.

"He was such a great help to me," said Glidden. "I really began to experience a lot more and I fell in love with skiing. He even worked the activities into my phys. ed. program. It was great."

From then on, he found ways to play basketball, tennis and kayaking.

When Glidden was 13, he attended a Christmas party where Santa arrived on a helicopter.

"Someone had somehow convinced the pilot to take me up and I was hooked. Everything just looked like it was supposed to be there. It all looked neat from up there. No imperfections. Like everything was supposed to go."

When he finally came down from the helicopter - and the high he was on - Glidden knew he wanted to be a pilot.

It wasn't until several years later, in 2006, that he was able to begin taking classes.

In 2010 he moved to Bethel. He still needs to take more flying lessons in order to get his license. He is currently taking classes to get his degree in comput-

er information systems so that he can find a job and fund his flying dream, but he's finding it very difficult.

"The accessibility to jobs is a bit of a problem," said Glidden.

He has set some goals and has no doubt that one day he will attain them. He would like to own a plane of his own and become a flight instructor in order to teach other disabled people to fly. He also has a dream to design and sell adaptable wheelchairs for people to use in various situations.

"It's expensive to take on too much," Glidden said. "You have to have a different chair for anything you do. I want to have adaptable and detachable parts so you can play basketball, tennis, wheelchair race or whatever you want with-

out having to buy a whole other chair."

Glidden believes he couldn't live in a better place than Bethel, where everything he enjoys in life is at his fingertips.

"It couldn't be more perfect. The airport is only five minutes away. I can kayak every day, go skiing at Sunday River. It's all a part of God's plan. Sandy helps me out a lot. We enjoy getting outdoors and exploring with her boys, they're my buddies. We enjoy the challenges. We like to prove that we can do it. There are no barriers."

Glidden doesn't want people to feel sorry for him. "I've never known any different. I just want people to know that there's always a way to do anything. You'll do it if you want to do it badly enough. It makes life so much more meaningful to enjoy and experience things and I'm not waiting around for them to just happen to me. I know God has a plan for me and I'm doing my best to do my part."

To read more about his dream to fly, or to help with raising funds for him to eventually get his instructor's license, visit [www.gofundme.com/tq6to#description](http://www.gofundme.com/tq6to#description).

**Wind**

Continued from page 1

stock's own experience with the existing Spruce Mountain Wind project.

"We felt SMW was the ideal Exhibit A," said committee Chair Bob Elliott.

Several parts of the ordinance address the concerns of SMW neighbors, who have complained about noise from the turning blades.

The committee in some cases crafted rules stricter than those of the state, which were used in the approval process for the SMW project.

This summer camp owners on Concord and Shagg ponds, many of whom are summer residents, complained about noise from the SMW towers, which are about a mile away.

They also objected to the fact that, because they are not abutters, they did not receive formal notification of the project as it was in the application process.

The proposed ordinance, if approved by voters at the March town meeting, would require notification for anyone within two miles of the towers.

Among other key requirements proposed:

Decibel levels would be limited to 35 from 7 p.m. to 7 a.m. daily, and 45 from 7 a.m. to 7 p.m., compared to the state's 45 and 55 requirements at the time of the SMW application.

A setback requirement of 1.25 miles would be required from the base of each tower to the closest point on any property line (of a non-participating property).

Elliott said that distance would likely eliminate any "flicker" effect on neighbors caused by shadows of the turning blades.

Committee member Charlie Reiss said the group tried to find the right balance that would make future projects tolerable for neighbors without creating restrictions so severe that the projects would be impossible to build.

Selectman Rick Young said he had read all of the 12-page ordinance before the meeting. "I'm impressed. I thought it was very thorough," he said.

The committee will continue meeting and making adjustments to the proposal, in anticipation of the town meeting vote in March.

Copies of the proposed ordinance are available at the Town Office.

In other business at Tuesday's meeting, selectmen:

Set a public hearing for Oct. 16 at 5:30 p.m. to open the Billings Hill Road to winter maintenance.

Received another petition requesting a fireworks ordinance. The petition asks that consumer fireworks be restricted to New Year's Eve and July 3 and 4. An earlier petition, received two weeks ago, asked for a ban but also said, "At a minimum, we would like to have you consider banning them within 300 yards of a lake or pond," noting that a lake acts as an "echo chamber," causing the sound to reverberate. Selectmen took no action Tuesday, but said they have enough complaints that they will ponder a possible ordinance proposal.

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Thursday, Sept. 20, 2012

## The Bethel Citizen

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**Signs**

Continued from page 1

and information signs). Suggested sign districts are highway (for Routes 2 and 28); village; and "everywhere else," he said.

Other recommendations include redrafting and revising the section on roadside directional signs for businesses; designing standards and guidelines and developing them in graphic formats for easier understanding; and reviewing and refining special signs (with possible limits on temporary, real estate and the number of free-standing signs per business, as well as addressing the length and nature of grandfathering for pre-existing signs).

The report also looks at the bigger picture for providing information to visitors, suggesting a more consistent approach.

It recommends a new visual image (part of a "branding" concept) and graphic standard for the town, which would be applied "across a range of elements and products."

A comprehensive sign and landscape design is suggested for approaches to the town on Routes 2, 26 and the Sunday River Road: "The Bethel landscape is memorable and includes iconic landscapes — these key elements have formed the basis for Bethel's brand. The visual and community landscape of Bethel begins at the town boundaries."

Also suggested are informational plazas "at areas and elements that attract visitors, including centrally located amenities and a range of information options." Better identifica-

tion of municipal parking locations from which visitors can walk to village attractions is recommended.

Effective maps are also important, the report said.

"Developing a more comprehensive, easier to read set of maps to be used in pamphlets, marketing media, online and in kiosks will be an important step in improving visitor information resources."

The 16-page report concludes by listing "key takeaways" from a public forum held last month to gather input on sign reform, many of which were incorporated in the recom-

mendations.

The complete report can be found on the town website at [www.bethelmaine.org](http://www.bethelmaine.org).

LeGault said another

public forum on the signs issue will likely be scheduled for late November or early December.

The sign committee meets next on Monday at 5:30 p.m. in the Town Office meeting room.

## Tax correction

In other business Monday, selectmen learned that due to a calculation error by the town assessor, property taxes were undercommitted by \$123,058. Doar said that taking no action would result in the de facto use of money from the fund balance to make up the difference. He recommended no action, and the board agreed.

Selectmen also voted to close Mason Street on Halloween between 6 and 8:30 p.m., from Broad Street to Crescent Lane, for Trick-or-Treaters.

**Bethel**

By DON BENNETT

**Weekend Events and Other News**  
**Drift Boat Race at Bethel Outdoor Adventure**

Five teams competed in the Friday afternoon boating race which started at Bethel Outdoor Adventure's canoe launch/landing beach near Bethel's recreational bridge, allied the Northeast Drift Boat Championship the event had contestants from Maine and New Hampshire.

The North Country Angler team from New Hampshire was made up of the Oarsman, Rich Gerber from Fremont, N.H., and Bill Thompson from North Conway, N.H. In his sign-in card profile, Mr. Gerber wrote that his fine

arts interest is pursued by creating hunting and fishing paintings for Orvis.

Scott Stone, Oarsman, for the Schiavi Homes/Northern Lights team is from Norway, Maine, is President of the Upper Andro Anglers Association and built his own wooden drift boat. With Mr. Stone were Todd Smith and Pete Richard from Farmington.

Kate Farnham from Bath, Maine was the Oarswoman for the Fish-n-Chicks team. Ms. Farnham is a Bio-chemistry instructor at Bowdoin and a guide for L.L. Bean's. With her were Mary McCauley from Bath, Maine, and Hope Egleton from Hillsborough, N.H.

Sam Lambert from Bath, Maine, was the Oarsman for team SamLambert@remax.net. Lambert's boat was hand built in 1994 and was made from a kit received as a wedding present from his wife.

**Bingham land**

Continued from page 1

"We are asking that these uses be considered consistent so as to be included in the management plan as future options. At this time there are no proposals for these uses," Doar said in a memo.

Possible activities include the use of machinery to construct and maintain new and existing trails and roads; removing trees within 100 feet of Chapman Brook to establish and maintain new and existing stream crossings by trails and logging roads, as well as for narrow trails built without heavy equipment or ground disturbance, for limited distances that run parallel to streams; constructing bridges over streams; the use of mechanical equipment to groom snowmobile and Nordic ski trails; the use of structures that are typical of a state park, such as covered picnic tables, rest rooms, informa-

tion kiosks, warming shelters, etc.); and the collection of user fees and donations to help cover the costs of recreational development and management.

The MOU paves the way for an easement across BWD land to provide access to the Bingham land, and also allows construction on BWD land of a parking area and trails and amenities similar to those listed above for the Bingham land.

The BWD would continue the current uses of its own land, including water quality-related and timber harvest activities.

## Next steps

The BCC is continuing work to coordinate preparation of the management plan with timber harvesting and recreational uses. The town has hired land consultant Jerry Bley to write the management plan, according to Landon Fale of the BCC.

Fale said Tuesday that he, Bley and Small have been planning timber management roads "that coincide with trails, and harvesting plans that allow continuing recreational use of at least some of the property."

Bley's first draft of the management plan will go to the BCC and Doar Oct. 15. The BCC will review and submit it to the Selectboard in November, Fale said.

The plan will then be available on the town's website for public comment. The final draft will be done by the end of December.

"The plan will probably recommend a phased approach to development of trails," said Fale. "It will also recommend a structure and process for the town to use to manage the Bingham Forest."

John Morton and David Lindahl, consultants with

Morton Trails LLC of Vermont, have been retained to conduct a preliminary trails assessment of Bingham land.

Morton and Lindahl "spent two days in Bethel on the site evaluating the full range of trail opportunities," Fale said.

He said other recent activities related to planning for the land have included a presentation by Morton Trails on the relationship between trails development and economic development; a meeting with Rick Young regarding snowmobile trails; a meeting with Sunday River General Manager Dana Bullock to discuss potential collaboration with Sunday River; and the scheduling of a site visit with Bethel Public Works Director Scott Sumner to look at the potential for improving the public access road to the Bingham land.

**Oxford County Jail Log:**

(Bethel region)

Sept. 15, 4:09 p.m.: Peter A. Gordon, 52, of Greenwood, terrorizing, possession of Schedule W,X,Y drugs, theft; by Trooper Jason Wing in Woodstock.

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  - Third**- Roasted tomato and ricotta crostini Pighin, Pinot Grigio, Friuli, Italy
  - Entree**- Grilled veal strip loin on a bed of white bean ratatouille or a vegetable and mushroom lasagna of fresh sauteed shiitake, button and porcini mushrooms in a rich cream sauce Cakebread, Merlot, Napa Valley, California
  - Dessert**- Bread pudding with apple cinnamon ice cream Taillinger Brut La Francalise, Reims, France
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**PUBLIC MEETING**

The Maine Department of Inland Fisheries and Wildlife is hosting a public informational meeting to discuss trout management on the upper Androscoggin River. The public is invited to attend a presentation, ask questions, and offer input on the planned formation of a small focus group to guide development of a cold water fisheries management plan for the upper Androscoggin River.

WHEN: September 26, 2012 at 7 PM.

WHERE: Bethel Inn Resort (Gibson Room).

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**SO MANY CHOICES**-After the winners of the annual Apple Pie Contest at Saturday's Harvestfest were announced, attendees were able to purchase slices from the entries. Here, (from front) Lee Dickinson and Freda Davis explain the varieties. Also helping out at the pie table were Lynne Kulik, Rene McGrew, Mary McVey and Joan Westfall. Pie awards were made in three categories: best traditional apple pie, amateur: Fred Cosegilia (who has won four times); Best Non-Traditional Apple Pie, Amateur: tie between Deb Luxton and Sheila Klatsky; Best Professional Pie, the Sudbury Inn. In the Chowdah Cookoff, the winners were, Judges' Choice: 1st place: Sudbury Inn; 2nd: Erin's Café; Honorable Mention: Funky Red Barn. People's Choice: 1st: Sudbury Inn; 2nd: Good Food Store; Honorable Mention: Rooster's Roadhouse.

(Photo: A. Aloisio)

Marie Sheffield, Bath, and Bob Blunt from Dresden, Maine, made up the remainder of Lambert's team.

The Patagonia team was made up of Oarsman Brett Trefethen from Mt. Vernon, Maine, Amy Grant-Trefethen, team Angler and 8-year-old Ella Trefethen, also Angler.

Jeff Parsons had laid out a course for the rowers to follow that zipped and zagged through a number of buoys which would test boat handling skills of the oarsman. The race course ended one-quarter mile downstream at Davis Park. According to Mr. Parsons the course would also test the skill of the oarsman in terms of "reading the river's currents, eddies and pools" as well as the strength of the rower. Wende Gray was overall Chief of the event and was Final Judge.

The Lambert-Brunt team from Bath won the race. Time for finishing the course was on the average about 10 minutes.

#### Cash Mobbing Philbrook Place

As part of the Harvestfest weekend, W.J. Wheeler Co. and friends organized its third "Cash Mob" where all participants storm into a business with \$20 in hand to "buy things." Saturday afternoon on the Common the third "Cash Mob" formed its crowd and descended on Philbrook Place with 60-plus shoppers. On their way the first mobbed Café DiCocoa then headed out. I missed the event but Heather Carver, Community Sports at Philbrook Place, told me Sunday that the whole mob numbered over 60 shoppers when they got to the "Place." NABOS and Elements Art Gallery were the two tar-

gets of the day. Ms. Carver held up a hand full of sales slips to show the results. The mob bought gifts, clothing, cards, gift certificates, ceramics and artwork.

Monday, I caught up with Amanda who had handled the "mob" on Saturday. She said, "I looked up and people kept coming and coming - it was great." She said many spent more than twenty dollars. She also said that September had been a slow month and they were grateful for the huge boost the "mob" made for them. By gathering on the Common and marching down Main Street many who might not have known about the Cash Mob had joined in.

Senior College offers program on Good Sleep "Good Sleep: Working to Keep You Healthy" is the topic of a program to be



**SHOW ME THE MONEY**- A "Cash Mob" of 62 people - each waving a \$20 bill - descended on the businesses of Philbrook Place in Bethel Saturday afternoon. A variation on a Flash Mob, the mob is a community-oriented event designed to support a local business, as well as serve as a social event, according to organizer Michael Newsom of W.J. Wheeler Insurance. The destination was kept a surprise until the last moment, when Newsom announced it on the Bethel Common. The mob then made its way down Main Street, with each person spending at least \$20 at Philbrook Place, for a total of nearly \$1,600. Afterward, they moved across the street to Café DiCocoa for refreshments and entertainment by Brad Hooper.

(Photo: Karley Estes)

presented by Dr. Joseph P. Della Valla on Thursday, Oct. 4, from 4:30 to 6 p.m. at the West Parish Congregational Church in Bethel. This program is the first of a series to be presented by To Your Health of WMSC focusing on the theme, "Keeping the Glass Half-full - maximizing our health and happiness as we grow older." This series was developed based on topics given in evaluations of previous programs, as well as issues brought to the attention of the To Your Health committee.

Dr. Della Valla is well qualified to talk about good sleep. He is the Medical Director of the Center for Sleep Medicine at Androscoggin Valley Hospital, Berlin, N.H., and Littleton Regional Hospital, Littleton, N.H. His talk will focus on learning the basics of how we sleep, why sleep is important, how to sleep better and common sleep problems. The program is open to the public and admission is free. FMI call Rosabelle Tiffet at 824-2053.

#### On the Common

Saturday's Harvestfest program included so many sub-events that with my afternoon commitments your roving reporter could cover only two of them.

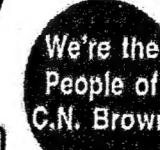
After ducking a threat of rain, nice early fall weather blessed the crowd and exhibitors on the Common.

Stan Howe was setting up his cider press on the Robinson House lawn. Steve Stone had his chainsaw carving demonstration on the Library lawn and Reggie and Mary Brown were, I believe, marking their twentieth anniversary in home craft furniture production with an exhibit of both indoor and outdoor pieces on the Common opposite the junction of Mason Street.

One of the most eye-catching displays on the Common was that of John W. Long from Newfane, Vt. He is an artist in barnboard creations. His exhibit enclosure faced Broad Street so that as one entered the center of the Common, Mr. Long's display stood out dramatically among the other displays. His work featured farm and village settings - barns, homes, churches and a covered bridge - all pieces cut from barnboard so that they maintained the board's characteristic lines, texture and colors.

Another vendor of home products, preserves and fabric shopping bags, etc., had a special of four window shutters made from first cut sawed boards -

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Thursday, Sept. 20, 2012

## The Bethel Citizen

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artist, born and grew up in California north of Sacramento where his wild life, birds and forest experiences as a young man allowed him to create bird calls using his vocal cords.

Ms. Gupta's talk and slide show was about Charles Kellogg's life, and how he had become a unique performer on the Vaudeville circuit, singing and recording bird songs, and from 1900 to 1909 vacationed in Newry where he undertook building a dozen nature camps and dining hall/club house behind the Willard Wight homestead next to Wight's Brook.

Mr. Kellogg spent much of his life campaigning to save California's Redwood Forests. Ms. Gupta's slide show and talk covered how her great uncle manufactured a log "motor home" from the truck of a redwood tree and mounted it on a Nash truck chassis in which he toured the country. Her slides showed off the elegant interior of the home in a log vehicle which became known as the "Travel Log."

Another feature of Mr. Kellogg's career was recording bird calls for Victor Records. After Roxanne Gupta's talk, Randy Bennett played recordings of some of his appearances where he "sang" various bird calls and where he performed with an orchestra playing and his bird call solo's were part of the overall musical performance. In 1906 a Bethel audience had the good fortune to hear Mr. Kellogg on stage in Odeon Hall where he both talked and demonstrated his ability to talk with the birds. In its Bethel news the following week, the Oxford County Advertiser called the Kellogg show the "most unique entertainment ever given here."

**Bethel**

By NANCY BROWN



I just picked up a copy of the new 2012 "Maine Mountain Guide," which is

published by the Appalachian Mountain Club. What's exciting about the new edition is that it includes Maggie's Nature Park, the 86-acre hiking park in Greenwood that was donated to the town by Maggie Ring. The guide has detailed directions to the park and gives details

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4 LG Italians, Big Bag of Chips, 2 Ltr Soda <b>\$16.00</b>	Spaghetti Day Bucket of Spaghetti with 6 meatballs & Garlic Bread <b>\$9.00</b>
<b>Thursday</b>	<b>More In-Store Specials</b>
4 LG Ham-N-Cheese Hoagies <b>\$14.00</b>	Call & Ask

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**REBEL GREETING**-The SAD 44 Bus Garage in Bethel recently got a fresh coat of paint and a new greeting sign. Clean Cut Painting repainted the garage and doors, and artist Jewel Clark then added the sign, "Welcome to Bethel ... Proud Home of the Telstar Rebels!" (Photo: A. Aloisio)

on my two favorite trails, the King Hill Trail, which overlooks Mt. Abram, and the Peaked Mountain Trail. Along with Maggie's Nature Park, the new guide lists 200 other new trails in Maine, including Bucks Ledge and Lapham Ledge in Bryant Pond. The book is a good investment. A new edition is published only every seven years.

Produce is still coming in from the gardens. I was still picking wax beans from my small plot this weekend. The local farmer's markets are overflowing with carrots, greens, garlic, corn, potatoes, squash, and pumpkins.

The last day for Farmers at the Market on Main Street in Bethel was yesterday. However, the Saturday Farmer's Market at the Norway Savings Bank will continue through Columbus Day weekend.

Like everything else this year, the leaves are early in changing color. The hills around Bethel are splashed with yellow and the maples in low-lying areas have already turned red.

Bethel Dog Park supporters will meet tonight, Sept. 20, at 6 p.m. at the Mahoosuc Land Trust building on Route 2, next door to the Crossroads Diner. Everyone interested in a local dog park is welcome to bring their ideas. T-shirts and stickers that say "Friends of the Bethel Dog Park" will be available at the meeting.

Don't forget that Saturday, Sept. 22, from 9 to 11:30 a.m., is Household Hazardous Waste Collection Day at the SAD 44 Bus Garage on Lower Main Street in Bethel. Residents from this area can drop off poisons, pesticides, oil-based paints, old gasoline, oil, and other hazardous wastes. For more information, call the Androscoggin Valley Council of Governments at 788-9186.

Also, don't forget that the Bethel CROP Hunger

Walk fundraiser is Sunday, Sept. 30. The registration for the walk is at 11:30 a.m. at the West Parish Congregational Church on Church Street. The walk is at 12:30 p.m. The community-wide CROP Hunger Walks are sponsored by Church World Service and aim to help people by providing money for seeds, animals, tools, and water systems to help people develop their own priorities in overcoming hunger. Local areas can decide to give a portion of money raised to local food banks.

A Community Supper will be held on Wednesday, Sept. 26, at the Bethel Alliance Church, 251 Walkers Mills Road across from Telstar. Everyone is welcome. There is no charge.

If you have news you'd like to share, call me at 824-2483 or e-mail nancybrown1150@yahoo.com.

**East Bethel**

By WALLY RITZ



So, are you all enjoying our freshly paved roads? It's a nice, smooth ride now, yet for some it seems to be an encouragement to drive even faster. As with many other things we have to take the good along with the bad.

There have been complaints about a dog wandering around. Though he is very friendly, everyone worries that he will get run over. Please, do keep you pets safe.

Arlene Harrington was in Bucksport visiting her oldest daughter, Judy, and her granddaughter from Sept. 9 till the 12th. Arlene rode up with Esther and Butch, who went on to Bar Harbor, and picked her up on the way back.

The Alder River Grange 145 held their regular meeting on Sept. 14 with

8 members present. One scheduled supper was canceled due to scheduling problems. There will be a supper on Nov. 10, though. There was much discussion on the Presidential Elections coming up, as well as the people running for Olympia Snowe's seat in the Senate. Both recent yard sales were a success.

Referring back to the elections, Jarrod Crockett is running again also. Good luck, Jarrod. John Wight has finished the Fall cleanup in the Bartlett Cemetery. He has mowed inside and the walls have been cleared of brush inside and out, some dead branches have been cut and the town crew will come out and get the pile of debris. He is still leaving some dead trees for the birds and squirrels.

Thank you, both to John and the Town crew. I do appreciate all the calls and e-mails I receive to help me write the column. You are all welcome to call me at 824-3220 or e-mail han@megalink.net any time.

Well, this week it's time for the answer to the Trivia, which I do have this time around...giggle. In October 1902 the first telephones in East Bethel were installed for J.H. Swan, George Swan, Z.W. Bartlett and others. The line was extended to Rumford Corner July 1, 1903.

**Gilead**

By LIN CHAPMAN



The nights have become quite cool this past week. Last Saturday, the weatherman said that the temps could get down into the 30s, so we covered up our tomato plants. It was pretty close to forty degrees on Sunday morning.

ing, so we avoided a frost. There are still a lot of tomatoes left on our plants. We have been using them up and giving them away as fast as we can. We only had twelve plants but they had been the site of the executions of the Reign of Terror during the French Revolution including King Louis XVI and Marie Antoinette.

"On Tuesday afternoon, we visited the French Military senior officer staff college (War College). It was a school founded by the French monarchy in the 18th century and was where Napoleon was trained as an officer. In the afternoon, we visited the Les Invalides, which was founded to house French military veterans.

It is currently a complex of museums and tributes to French military history and is the final resting place for many French military heroes including Napoleon. Napoleon's remains are housed in the church on the site in a crypt. On Tuesday evening, we flew to Toulon, France, the French navy port on the Mediterranean Sea.

"On Wednesday morning, we received a detailed briefing on the military operation that was conducted in Libya last year by the French Admiral who commanded the French national force and the French forces that were assigned to NATO. Later, we toured the helicopter attack ship, the Mistral, which was deployed last year in support of the operation in Libya.

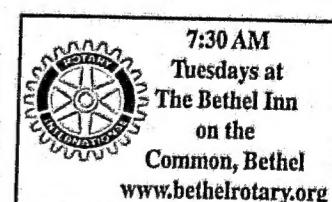
"On Wednesday afternoon, we visited the French Foreign Legion at the site of their veterans' home, a vineyard that provides the finances to support them once they have completed service. We met the Commanding General and their Sergeant Major along with some troops from all of

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Friday: Fish Fry  
Enjoy fresh haddock, breaded and fried, served with Legends famous hand cut Maine potatoes and Chef Chad's chipotle tartar sauce.

Sunday: 2 for 1 Appetizers  
At both Legends and Grand Avenue Restaurant,  
buy one appetizer and get the second one free.  
  
Located at the Grand Summit Resort Hotel  
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**GRAND AVENUE**

Tuesday: Endless Pasta Night  
Hungry? Come for this all-you-can-eat pasta night with salad and bread for ONLY \$12.99

Thursday: Tasting Menu  
Bring your friends and enjoy a six course tasting menu  
created by our own Chef Jenn Himes.  
\$25 per person/\$40 per couple

Saturday: Lobster Bake  
This traditional Maine Lobster bake  
includes fresh Maine lobster, mussels,  
potatoes, and corn on the cob for ONLY  
\$25. Make it a surf & turf by adding 8  
oz. char grilled New York Strip for \$35.

Sunday: 2 for 1 Appetizers  
At both Legends and Grand Avenue Restaurant, buy one appetizer and get the second one free.  
  
Located at the Jordan Grand Resort Hotel  
824-5353

the ranks. The current Legion numbers about 7,000 troops and come from all over the world to serve in the French army. We also were shown a French Army Tiger attack helicopter. -Steve"

#### Gilead Hist. Society

This is a reminder that the Annual Meeting and Pot Luck Lunch will be held this Saturday, Sept. 22 at the Town Hall at 1 p.m. Everyone is welcome; just bring a food item to share. A short meeting will follow lunch and then James S. Leamon, author of "The Reverend Jacob Bailey, Maine Loyalist," will be the guest speaker. There is usually a lot of good food to enjoy, so stop by. Got any news? Call 836-2987 or e-mail chapmal@hotmail.com

#### Upton

By JOE BERNIER



The Letter B Notch Riders' cookout was a success. It was attended by thirty-two people, twelve of them arrived by ATV. Thanks to everyone that came and a special thanks to everyone that helped. Next year when the club has a cookout, they plan to have a club ride to coincide with it. The Letter B Notch Riders next meeting will be in April 2013.

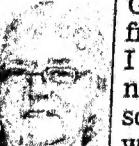
The Upton Historical Society will next meet Oct. 28.

My potatoes are dug and in storage, about half the usual yield. The overly wet month of June then rotted most of first planting of potatoes and a large portion of the second planting. The frost Sunday morning finished off the tomato plants, but somehow missed the cucumbers and squash.

I didn't see any coyotes this weekend, but this time of year they can be heard almost every night. Call 532-2010 or e-mail backstjoe@gmail.com with your news.

#### Albany

By CATHY BENNETT



Greetings from Albany. I have a new iPad so bear with me.

We are asking all of you to please make a donation to the sale the Albany Improvement Association is

having on Oct. 6. For donations call 824-2216 or 824-2568. We really need help! Norma Salway attended the wedding of Sarah Marshall and Matt Maret at the home of her parents, Art and Ellen Marshall.

Franklin and Margaret Barton went out to eat at the Lost Gull for their 51st anniversary.

#### Hanover

By CLEM WORCESTER



Gardner Roberts Memorial Library met Sept. 11. President Donna Worcester opened the meeting. There was a presentation by Dorrie Casey and Archie Purcell relating to their work with "Houses to Homes" in the mountains of Guatemala. There is a great deal of poverty in that area and assistance is needed to house, feed and provide medical aid for residents. The Library voted to donate \$100 to feed children and another \$100 in an attempt to purchase books to establish a library in a mountain village school. Casey and Purcell own a second home at Howard Pond. Ms. Casey grew up in Mexico, Maine.

It was reported that tickets are on sale for raffle items that will be drawn at the Fall Fest on Oct. 6. A handmade quilt will be drawn on Election Day, Nov. 6.

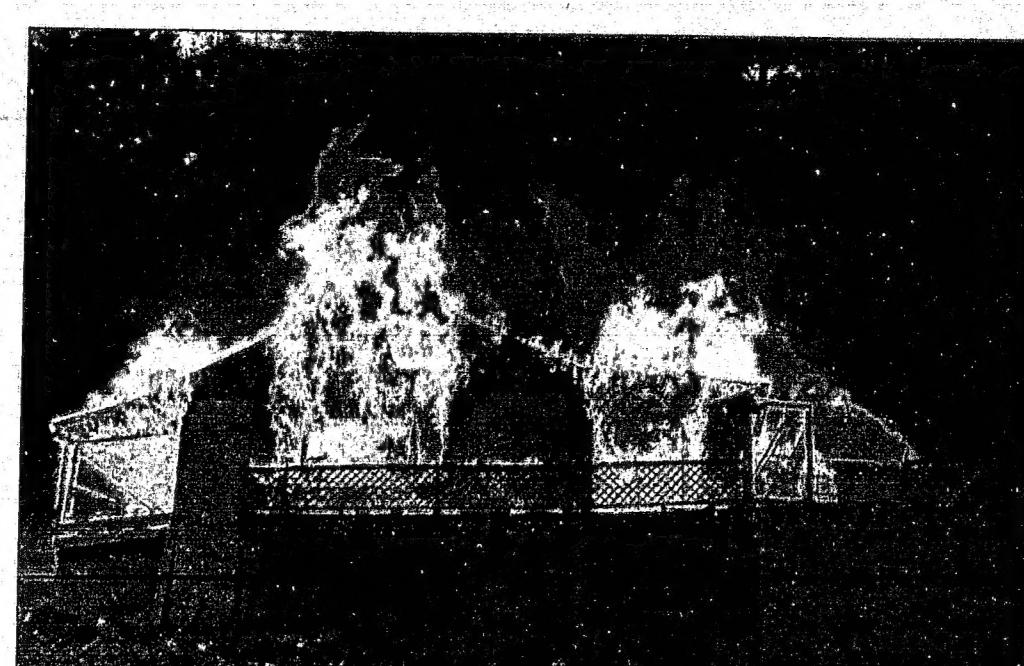
Anyone with items to donate for the yard sale can be dropped off at the Library or the Town Office. If you need help with your donations contact the library for assistance.

The Library has acquired a new computer. Library Treasurer and Technical Person Dan Force is working on it to best fit the needs of the Library.

New books at Gardner Roberts Memorial Library include the following:

Riordan, Rick - "Heroes of Olympus: Demigod Diaries"; Peirce, Lincoln - "Big Nate Makes the Grade"; Weiner, Jennifer - "The Next Big Thing"; Coplin, Amanda - "The Orchardist"; Worth, Kathryn - "We Loved to Laugh"; Wood, Monica - "When We Were the Kennedys"; Rylant, Cynthia - "In Aunt Lucy's Kitchen" (Cobble Street Cousins).

The Androscoggin Valley Council of Governments (AVCOG) has set the date



**CONTROLLED BURN TRAINING EXERCISE**-The Greenwood Fire Department Saturday practiced fire-fighting techniques by burning down this camp on the Greenwood Road, (Photo: M. Daniels)

for the free 2012 Household Hazardous Waste Collection in this area. The location on Saturday, Sept. 22 in Bethel at the SAD 44 Bus Barn at the corner of Main Street and Cross Street and will be open from 9 to 11:30 a.m. Do not take latex paint but look for words: caution, warning, poison, corrosive, toxic, volatile, flammable or danger on labels. Items containing mercury such as thermometers and thermostats may be disposed of the same day.

Municipal officials are pleased to announce that the Town of Hanover has received a dividend check

from the Maine Municipal Association as a result of its good loss experience and loss prevention programs. The MMA has three self-funded pools for municipal and quasi-public entities in Maine; The Workers Compensation fund, the Property and Casualty Pool and the Unemployment Compensation Fund. Hanover was also presented with two plaques recognizing the town's long-time commitment to the MMA programs.

Rumford Grange 115 will host a smothered beef dinner on Sunday, Sept. 23 at the Grange Hall in Rumford Center. The meal will be served starting at 11:30 a.m. and end at 2 p.m. The cost will be \$8 for adults and \$4 for children under 12. You know those great Rumford Grange meals; plan on being there!

Last Friday Laird Bean came rushing into the Town Office with kind of a wild look in his eye. He said, "Do you know

there is a raven in your truck?" Well, no I didn't, so I investigated and sure enough sitting in the driver's seat of my old F150 was a big black raven. He jumped up to the window and admired himself in the truck mirror. By then we had just about reached the truck with the office broom when the bird took flight to a utility pole near Howard Pond Stream. Thanks to Laird for helping out, and I wonder just who left the window on the truck open.

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trust this event actually did take place on the 18th. Please note this important Town Office notification. The Clerk and Deputy will be attending mandatory State trainings for elections on Wednesday, Sept. 26 and Thursday, Sept. 27. The Town office will be closed. You should note that those dates takes place during the fourth week of the month. If you need to register your car, you should do so as soon as possible to avoid any problems.

There will be a pot luck supper at the First Congregational Church on Saturday, Sept. 22. The doors will open at 5 p.m. with the meal served at 5:30. Proceeds for this event will go to youth activities. The youth are currently working on providing an excellent haunted house at the Town Hall on Oct. 31 for children of the community.

By the time you read this, the Andover School vote will have taken place and I'm sure reported on by the great staff at the Bethel Citizen.

Sympathy is extended to the family of Liz Bodwell who recently passed away. Congratulations to Ross Swain and Christine Greenleaf on their recent marriage which took place at Cold Spring Farm in East Andover.

I spent the last week in Ogunquit, where the weather and the flowers were spectacular and I enjoyed seeing "Nine to Five" at the playhouse, which is celebrating its 80th anniversary. Now I'm off to spend a week at a lovely lakeside spot nearby.

#### Locke's Mills

By BETSEY FOSTER



Life was dull on the town government end of things for this week, but there was a bit of a stir out to Willis Mills. It seems there was a vagrant camping in the woods at Willis Mills last week.

I ran into the game warden out there a week ago, and he told me there had been a complaint about an unknown man living in the woods. At that time, the warden did not find him but found a stash of

**Town Office closed**  
The Newry Town Office will be closed on Wednesday, Sept. 26.

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Ronzio is director of Sun Media Group's New Media Department, and is responsible for growing online offerings for the benefit of readers and advertisers. Ronzio, of Hallowell, previously served as editor and publisher of two Maine daily newspapers. A native of Rhode Island, Ronzio has been working in print and online journalism in Maine since 2001. He is a 2001 graduate of Syracuse University, where he earned bachelor's degrees in magazine journalism and history.

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Thursday, Sept. 20, 2012

## The Bethel Citizen

Page 9

clothing and nonperishable food where the man had been camping.

Last Sunday afternoon, I saw a Maine State Police vehicle in Locke's Mills so I stopped and asked him about the situation.

State Trooper Wing told me that he and the game warden had tracked the man for several hours at Willis Mills but he evaded them. When the law enforcement officials returned to the site the following morning, they found all the food and clothes had been removed. The only thing the person left behind was his driver's license which the state trooper had.

Needless to say, they know who this person is. They think he has abandoned this general vicinity. However, Trooper Wing asked that should anyone see signs of an unknown person in the Willis Mills/Patch Mountain area to contact the Maine State Police.

Good wishes for recovery to two Greenwood Fire Department folks. Both Chief Al Curtis, Jr., and Missy Wakefield had surgery this week. Hope things went well for both of you.

I guess we can say autumn is officially with us now. Early morning temps have been down in the 30s, and it is likely some low places have had a frost. Nothing around here yet. Getting to be about time crank up the woodstoves.

The mice are moving inside. Or at least that may be their intention. My cat makes short work of them,



**MOTORCYCLIST INJURED** - Sharon Stanciliffe of Vermont was taken to Stephens Memorial Hospital Friday complaining of back and leg pain after she lost control of her motorcycle at the Route 2/Parkway intersection, according to Deputy Willie Nelson of the Oxford County Sheriff's Department. Here, Bethel Rescue personnel attend to her. Nelson said it was not known why Stanciliffe lost control. Damage to the motorcycle was minimal. On Monday, another motorcycle was taken to SMH with injuries after an accident with a car on Route 26.

(Photo: A. Aloisio)

### So. Woodstock

By LOLALEE DILLINGHAM



G' morning to all our readers - it's a great sunny day here on this Friday (Sept. 14) - beautiful blue skies and temps in the low 50s; birds are busy at the feeders and enjoying the sun.

With cold and snow in mind, the National Weather Service has posted their predictions for winter here in the northern part of New England. They predict the El Nino effect will be with us this coming winter.

For those of us who enjoy the snow, that means we will likely be disappointed with a low snowfall winter. However, Pennsylvania and West Virginia areas are supposed to get some good dumps of snow. NWS also says our winter temperatures will likely be somewhat above normal. Doesn't sound like a good old Maine winter to me. Time will tell how close those predictions are to reality.

Condolences are going out to the following families on the loss of their loved ones: Curtis L. Whitman, Louis W. Andrews, and Wm.(Bill) Packard. Our thoughts and prayers are going out to each family member.

Yogi finally finished up mowing the back 40 - now to get buttoned up for the cold winter months!

I am busy working on my crocheting, plastic

canvas and knitting projects. I love doing these crafts, and I give many as Christmas gifts. (I always loved getting homemade mittens, slippers and hats from my gram Blaquiere.) I recently crocheted a baby blanket and hat for my niece, who is expecting her first child any day.

Just a last-minute reminder about the Public Dance to Benefit the Floyd A. Harlow Post 9787 (POW/MIA day) - it will be held at the VFW Hall, Lower Main Street in South Paris on Friday, Sept. 21.

Admission is \$5, and there will be refreshments on sale, a 50/50 drawing, and raffles.

Dust off your hat and shine up those dancing shoes and come on down and join your friends and neighbors for a fun-filled evening.

Let's show our Veterans that we support them and give thanks for serving our great country.

That's all from the valley this week, remember to get your flu shots.

Y'all have a great week.

### Waterford

By ROCKIE GRAHAM



It has been a beautiful week, with cold (or cool) mornings and warm, sunny afternoons. Monday a.m. at our house the temperature was 20 degrees at 6 a.m. Then it went up to almost 70. Sunny skies the whole day. All week is supposed to be sunny except Wednesday, when it may rain. It is definitely fall like now. The leaves appear to have changed overnight. They predict a good foliage season. I hope so. There is nothing I like better than to drive around and look at the leaves. Of course, this year, with the price of gas, we are hard put to be able to do so. I guess I'll have to settle with between here and Bethel on our way to work. We are now trying to figure out what we can do with out to have more gas money, etc.

Monday, Oct. 6, is also the Albany Improvement Association annual sale at the Town House. All donations are welcome. To donate please call 824-2216. Happy New Year and Yom Kippur to all. Have a great new year.

Waterford Library from 10 a.m. to 11 a.m. It is a discussion group with new members welcome. FMI please call 739-9115.

Saturday, the 22nd is Hazardous Waste Day for Bethel, West Paris, River Valley, Waterford, Albany, Stoneham, Hanover and Newry. Hazardous wastes include poisons, oil based paints, and old gasoline. Pickup is from 9 to 11 a.m. at the SAD 44 Bus Barn at the corner of Main and Cross streets in Bethel. DO NOT BRING in latex, as that is not hazardous and can be brought to the transfer station of your choice.

Monday, the 24th the Bridge Group will meet at the Waterford Library at 6:30 p.m. Beginning and Experienced players are all welcome. A partner is guaranteed.

Oct. 6 at Waterford Library at 6 p.m. there is a Silent Auction and Wine Tasting with music by a brass quintet. For donations contact Board Member Nancy Forest at 583-6551.

Saturday, Oct. 6, is also the Albany Improvement Association annual sale at the Town House. All donations are welcome. To donate please call 824-2216. Happy New Year and Yom Kippur to all. Have a great new year.

## LIBRARY HOURS

Andover Library:  
Tuesday, Wednesday, and Saturday 1-4:30 pm; Thursday 1-4:30 & 6-8 pm. Tel: 392-4941

Bethel Library:  
Monday 1-4:30; Tuesday 1-5; Wednesday 1-8; Thursday & Friday 1-5 Saturday, 9-1. Story Hour Thursdays, 9 to 10 a.m., October to May. Tel: 824-2520.

Whitman Memorial Library, Bryant Pond: Tel: 665-2505. Tuesday and Thursday, 1 to 5 p.m.

West Paris Library, West Paris: Monday 1:30-6; Wednesday 1:30-7; Friday 1:30-6; Saturday 10-2. Patty Makley, Librarian. Tel: 674-2004

Gardner Roberts Memorial Library, Hanover:  
Wednesday, 9-3; Thursday, 5-8; Saturday, 9-noon.

## SUPPORT SERVICES

**SAFE VOICES**  
Safe Voices serves all of Oxford County and provides emergency shelter, court advocacy and support groups with child care. Rumford office 369-0750; Norway office 743-5806; 24 hour hotline 1-800-559-2227

**REACH**  
Rape Education and Crisis Hotline 1-800-871-7741. Sexual assault/sexual abuse hotline, same number. Support groups and awareness education, past or present victims of abuse.

### AA MEETINGS/ADDICTION HELP

Bethel Freedom Group. Open Discussion Meeting, Saturdays at 4:30 in the Snow Cap Inn conference room, next to the fitness room. Sunday River. Seasonal, Thanksgiving through April 1. Big Book Meeting Sundays at 6 p.m. at the United Methodist Church, Main Street. 12 Step/Traditions Meeting Tuesdays at 6 p.m. at the United Methodist Church, Main Street. Open Discussion Meeting Fridays at 6 p.m. at Bethel United Methodist Church, Main Street.

People in recovery from alcohol/drug addiction may need to move to a Next Step group. Open to everyone who feels they may benefit from a change. FMI: Laurence Austin at 824-4077 (calls confidential)

Adult Children of Alcoholics and Dysfunctional Families (ACOA or ACA) meeting at Waterford Library (Route 37 across from the Commons) Thursdays, 10 to 11 a.m. All welcome. FMI call 739-9115.

### CANCER WELLNESS

Support and Education for cancer patients, survivors and caregivers. Every Thursday, 1:30-3 p.m. Rumford Hospital, Room 357. (877) 336-7287. Call to confirm in stormy weather.

### EXCHANGES/PANTRIES

Clothing Exchange, Bethel Park, 23 Mason Street, Bethel. Hours: Monday 1 to 4, Thursday 4 to 6, Saturday, 10 to 12 a.m. Donations of gently-used clothing only accepted during open hours. No exceptions. 824-4090. Clothing may also be dropped off at Northeast Bank on Main Street.

## Community Calendar

**Thursdays, thru-Nov. 1**  
10 a.m. to 12 Noon - Matter of Balance: Managing Concerns about Falls, at Stephens Memorial Hospital Training Center, 193 Main Street, Norway. Eight sessions. Cost \$10 per person - scholarships available. Registration required. FMI/register: (866) 609-5183.

**Saturdays, Sept. 22, 29**  
7 to 10 p.m. - Jones Dance Band playing old-fashioned dance music, Legion Hall, Church Street, South Paris. Adults \$5.

**Tuesdays, thru Nov. 6**  
4:30 p.m. - LRC Nordic Walking, meet Riverside Trail at Oxford Hills Middle School (100 Pine Street) in South Paris. Shows how to get great, low-impact core workout with own two poles (poles available). Free. FMI/registration (required): (866) 609-5183.

**Thursday, Sept. 20**  
5:30 to 7:30 p.m. - Cruise Nite, Breau's Too, Woodstock Oil Parking Lot, Bryant Pond. FMI: 665-2554.

**Thursdays, Sept. 20-Oct. 25**  
4:30 p.m. - Walking for the Health of It starts at The Riverside Trail, Oxford Hills Middle School (100 Pine Street), South Paris. Free. Explore different routes with Kate Goldberg. Wear comfortable shoes/bring water. Registration required. FMI/registration: (866) 609-5283.

**Friday, Sept. 21**  
OCEA-R retired teachers meet at Congregational Church Route 35, North Waterford. 10:30 a.m. social, 11 a.m. business meeting, noon lunch, 12:45 program "Financial Survival in Difficult Times-Broken promises." Fundraiser, donations and book sale. To reserve lunch, call 743-7677.

7 to 10 p.m. - Public Dance, at Floyd A. Harlow Post 9787, East Main Street, South Paris. Admission: \$5. Food concession open. 50/50 drawing, raffles. Music by Lolalee & The County Bandits - oldies, big band era, new country, traditional country. FMI: 743-6438 or 743-2641.

**Saturday, Sunday, Sept. 22 & 23**  
Saturday 8 p.m. and Sunday 2 p.m. - Celebration Barn, 190 Stock Farm Road, South Paris, presents "Thumbs Up" for three performances. Doors open 7:30 and 1:30 p.m. Tickets: adults \$14/seniors \$12/students and kids \$8. FMI: 743-8452 or visit www.CelebrationBarn.com.

**Saturday, Sept. 22**  
9 to 11:30 a.m. - Household Hazardous Wastes (unwanted poisons, pesticides, oil-based paints, old gasoline) collection at SAD 44 Bus Barn, corner Main and Cross streets. Other participants: River Valley, West Paris, Waterford (including Albany Twp., Mason Twp. Stoneham). 10 a.m. - Second Annual River Run - put in boat ramp Hanover or at Madison motel site. Call Bill Hine (562-8278 or Ji

Rinaldo (364-2983) to sign up.  
1 p.m. - Gilead Historical Society annual meeting and potluck lunch at Gilead Town Hall. Guest speaker: James S. Leaman, author "The Reverend Jacob Bailey, Maine Loyalist." Copies of book available.

5:30 p.m. - Potluck Supper, Andover Congregational Church to benefit Andover Congregational Youth Group activities. Doors open 5 p.m. Door prize and 50/50 raffle. FMI: Sharon Hutchins (392-4351).

5:30 to 6:30 p.m. - Public Supper, West Bethel Union Church. Cost: Adults \$7/children 12 and under \$3.

7:30 p.m. - Joe Robinson, guitarist, performs at Leura Hill Eastman Performing Arts Center, 18 Bradley Street, Fryeburg Academy. Tickets: \$20 adults/\$15 seniors (65 plus)/\$10 students. Available at Box Office (935-9232) or online www.fryeburgacademy.org/pac.

11:30 a.m. to 2 p.m. - Smothered Beef Dinner, Rumford Center Grange Hall. Cost: \$8 adults/\$4 children under 12.

**Wednesday, Sept. 26**  
4:30 to 6 p.m. - Community Supper (no charge) at Bethel Alliance Church, 251 Walker's Mills Road (across from Telstar's parking lot). FMI: 824-2288.

**Thursday, Sept. 27**  
9 a.m. - Free Marketing Seminar at Bethel Citizen. Focuses on he Who, What, We, When, Where, and Why of advertising and how to develop an effective marketing strategy. FMI: 824-2444.

6 p.m. - Fall Wine Tasting Dinner, Sudbury Inn, Bethel. Cost: \$65 p.p. FMI: 824-2174 or e-mail info@thesudburyinn.com or visit www.thesudburyinn.com

**Saturday, Sept. 29**  
9 a.m. - Mahoosuc Land Trust in partnership with UMaine 4-H Camp and Learning Center, Bryant Pond, the Maine Mineral and Gem Museum and Mahoosuc Pathways to celebrate Great Maine Outdoor Weekend. Choice of hike, bike, paddle, mine tour or trail work session. Trail workers meet Grafton Loop Park area, Route 26, 9 a.m. Others meet 69 Winslow Road Road (off Intervale Road Bethel) 10 a.m. All meet 2 p.m. for BBQ. Please bring salad side or dessert. FMI: 836-3806 or Facebook.com/mahoosuc land trust.

10 a.m. - "Gems of 26," Maine Wildlife Park, Gray. Participants: The Maine Wildlife Park, Shaker Village, Poland Spring Preservation Resort, Poland Spring Preservation Society, Poland Spring Preservation Park, Harvest Hill Farm and McLaughlin Garden. FMI: http://www.gems of 26.com/or find us on Facebook.

2 and 7 p.m. - Frogtown Mountain Puppeteers' Everybody Loves Pirates, Leura Hill Eastman Performing Arts

Center, 18 Bradley Street, Fryeburg. Tickets: \$8 adults/\$4 children (under 2 free) available at Box Office (935-9232) or visit www.fryeburgacademy.org/pac.

5 to 6:30 p.m. - Turkey Supper, VFW Post 9787, Lower Main Street, South Paris. Cost: \$7/kids \$3 (12 and under).

**Sunday, Sept. 30**  
13th Annual Lumberjack Competition, Northern Forest Heritage Park, 942 Main Street, Berlin, N.H. Lumberjack Breakfast 6 a.m., Lumberjack BBQ 11:30 a.m. Children's Activities, vendors, petting zoo begin 10 a.m. FMI: (603) 753-7202.

**Friday Oct. 5**  
All Day - SeniorsPlus Aging Well Living Well Expo at the Grand Summit Hotel and Conference Center, Sunday River.

**Saturday, Oct. 6**  
6 p.m. - Silent Auction/Wine Tasting, Waterford Library. Silent Auction accompanied by wine tasting hors d'oeuvres, entertainment by brass quintet. For donations contact library board member Nancy Forest (583-6551). Tickets: \$3 per person or \$5 for couple available at library, Pie Tree Orchard or from board members Al Struck (583-4417), Corinna Beebe (583-274) or Nancy Forest above number.

**Saturday, Sunday, Monday, Oct. 13-15**  
Wilderness First Aid and Wilderness First Responder Refresher course at Mahoosuc Mountain Lodge, Newry, with instruction by Jon Tierney of Wilderness Medical Associates International. FMI: contact Polly or Kevin (824-2073) or e-mail info@mahoosuc.com.

**Tuesday, Oct. 4**  
4:30 to 6 p.m. - "Good Sleep: Working to Keep You Healthy," presented by Joseph P. DellaVala, MD, FACP a West Parish Congregational Church, Bethel. Learn more about treating sleep problems. Sponsored by To Your Health of WMSC. Public invited. Free. Light refreshments. FMI: Rosabelle Tiff (824-2053).

**Saturday, Oct. 6**  
Albany Improvement Association annual Sale at Town House. All donations welcome. To donate call 824-2216 or 824-2568.

**Wednesday, Oct. 10**  
11 a.m. - Bethel Senior Citizens meeting/luncheon, West Bethel Grange Hall. Price of dinner \$10. Reservations must be made before Oct. 3 by calling Caroline (824-3226) or Arlene (824-2877).

**Calendar items**  
may be brought to the Citizen office, e-mailed to news@bethelcitizen.com or faxed 824-2126.

**DEADLINE IS MONDAY AT NOON**

# Puzzles4Kids

by Helene Hovanec

**RIDDLE SEARCH – INDOOR AND OUTDOOR TOOLS**

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What happens if a sharp tool falls on your car?

ADZ  
CLIPPER  
EDGER  
GOUGE  
MACHETE  
MALET  
PLANE  
PLIERS  
PLOW  
RAZOR  
SAW  
SCISSORS  
SCYTHE  
SHARPENER  
SHEARS  
SHOVEL  
SNAKE  
STYLUS

Y	O	S	R	O	S	S	I	C	S
S	C	Y	T	H	E	U	H	H	H
R	L	A	V	Y	P	L	A	N	E
E	I	S	E	E	L	R	A	N	A
I	P	H	A	T	P	U	X	I	R
L	P	O	S	E	D	E	S	A	S
P	E	V	N	H	N	T	Z	D	A
L	R	E	A	C	G	O	U	G	E
O	R	L	K	A	R	E	G	D	E
W	A	S	E	M	A	L	L	E	T

Riddle Answer: -----

For more puzzle fun, go to [www.brainzzles.com](http://www.brainzzles.com)

"When he grows up he's going to be a -----"

**SCRAMBLERS**

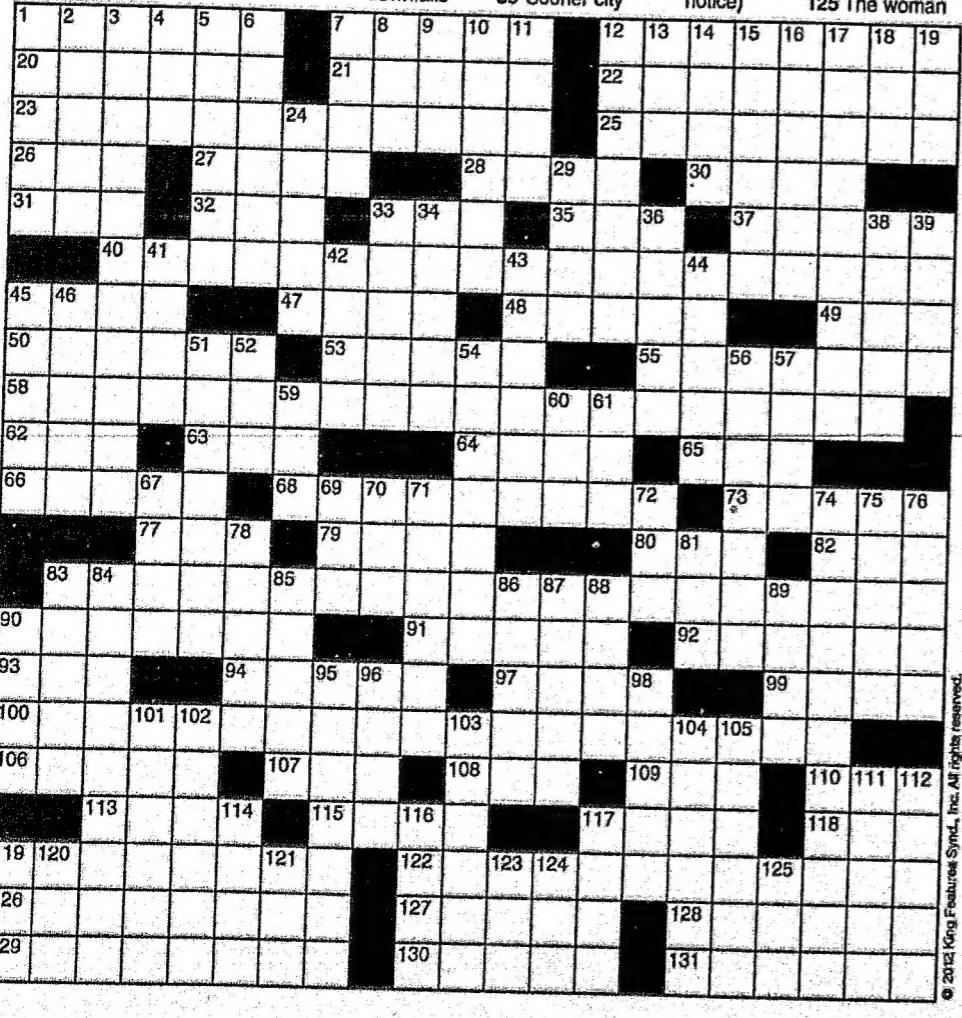
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Flow	SOURCE	_____	_____
Grant	DOWNE	_____	_____
Atach	FATENS	_____	_____
Cover	CENSEA	_____	_____

TODAY'S WORD

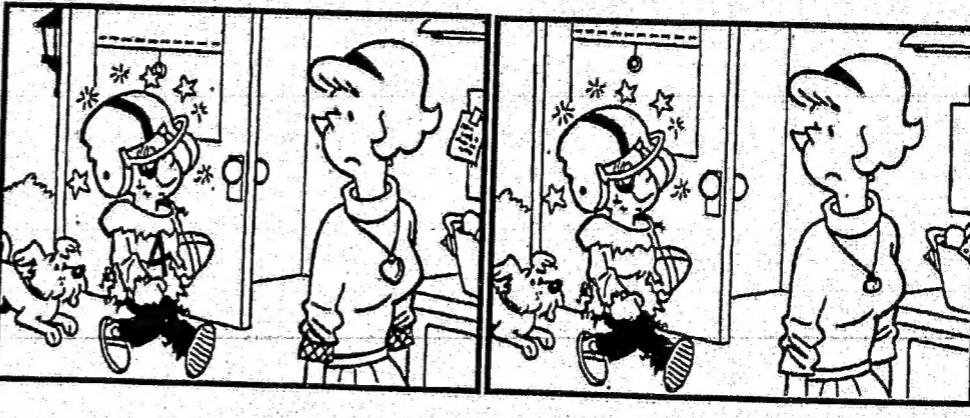
**Super Crossword** RELIEF FOR THE TAKING

ACROSS	50	Sub meat	107	Lanka	4	Show biz	41	Amo, amas,	84	"Just a moment"
1 Capital of Kazakhstan	53	Northern French city	108	— Paul's (frozen fish brand)	5	rep; Abbr.	42	Ranch pal	85	Devilkins
7 Suffix with cyto-	55	Spurred on part 3	109	"pro nobis" ("pray for us")	6	"Harry Potter and the Goblet of Fire" director	43	Baboon, e.g.	86	Composer Edward
12 South American capital	62	Hem and —	110	Cash cache	7	Mike	44	Religious law	87	Is very dizzy
20 Bull's-eye	63	Brewing tank	111	Castro's land	8	India's Taj	45	crow flies	88	Didn't stay
21 Mello — (soft drink)	64	Reverse or neutral	112	Island of Hawaii	9	51 Pack up and leave	46	Chinese	89	Chinese
22 Small wind instruments	65	No, in Scotland	113	Cash cache	10	key center, In music	47	leaves	90	dynasty
23 Start of a riddle	66	Borden's cow	114	2007 A.L. MVP	11	6 Lacking a key center, In music	48	wink	91	Poppas
25 Smart alecks	68	Line of Swanson meals	115	Former Big Apple mayor	12	7 Gomer of TV	49	Imprint on a hard surface	92	Insulin, e.g.
26 Balled-out insurance co.	69	Insurance co.	116	La Guardia	13	8 Directed	50	With 33-	93	With 33-
27 Cousin of — elite	73	Signs of fatigue	117	Castro's land	14	9 Prince — Khan	51	Colored marker	94	Down, most of Turkey is
28 Garment with a watch pocket	77	Letters before Q	118	British lav	15	10 Hungarian's neighbor	52	brand	95	In it
30 German city on the Rhine	66	Borden's cow	119	Former Big Apple mayor	16	11 Little	53	Brainchild	96	Complete, briefly
31 Swinger's stat	82	Informally	120	Riddler's answer	17	12 It's a shore thing	54	Golfer	97	Accusations
32 Little fellow part 2	83	Riddle, part 4	121	Riddler's answer	18	13 Here, in Haili	55	Shead	98	Poet Burns
33 "Cry — River"	90	Philanthropic giver	122	Riddler's answer	19	14 Robin's face	56	Mad About You" cousin	99	"Tex" actor
35 Shielded	91	Free-for-all	123	Soft pillow fill	20	15 Ocular ring	57	Colored marker	100	Estevaz
37 Milk, in Cádiz	92	Attend to it	124	Waiting for a phone agent	21	16 Young cinker	58	Brainchild	101	Isaac Asimov
40 Riddle, part 2	93	Hoppy stuff	125	Part of a U.S. political map	22	17 Speak articulately	59	Biblical suffix	102	Novelist Gordimer
45 Dual radio designation	94	Persian-founded religion	126	Very thick, as fog	23	18 Bit of sunlight	60	Golfer	103	Gordimer
47 Manfred of rock	97	Felia	127	As far as	24	19 Naval vessel abbr.	61	Shead	104	Hardware store buys
48 Final Greek letter	99	Fed Eliot	128	As far as	25	20 Stop blocking, as a river	62	Mad About You" cousin	105	classic
49 Pal, in Cannes	100	End of the riddle	129	As far as	26	21 Noah's eldest son	63	Colored marker	106	infested
	106	Shorthand whiz	130	As far as	27	22 Sir, in colonial India	64	Colored marker	107	Wahines' guitars
					28	23 See 96- Down	65	Colored marker	108	guitars
					29	24 Stop blocking, as a river	66	Colored marker	109	guitars
					30	25 Taboo deeds	67	Colored marker	110	guitars
					31	26 Autographs	68	Colored marker	111	guitars
					32	27 Delve info	69	Colored marker	112	guitars
					33	28 Use an ax	70	Colored marker	113	guitars
					34	29 Rooms — (vacancy notice)	71	Colored marker	114	guitars
					35	30 "Eat up!"	72	Colored marker	115	guitars
					36	31 "Illa" author	73	Colored marker	116	guitars
					37	32 Sooners city	74	Colored marker	117	guitars

**HOCUS-FOCUS**

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



© 2012 King Features Synd., Inc.  
5. Locket is different. 6. Note is missing. 3. Shade is raised. 4. Sleeves are different.  
1. Light is missing. 2. Number is missing. 3. Shade is raised. 4. Sleeves are different.  
Differences:

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**Snowflakes**  
by Japheth Light

There are 13 black hexagons in the puzzle. Place the number 1-6 around each of them.

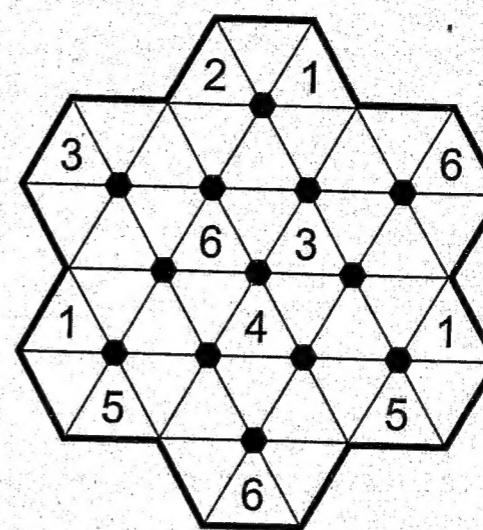
No number can be

repeated in any partial

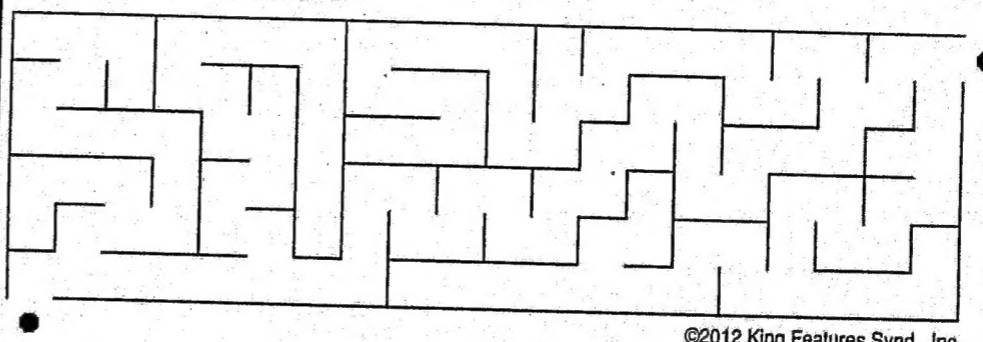
hexagon shape along the

◆ Easy ◆◆ Medium ◆◆◆ Difficult

border of the puzzle.



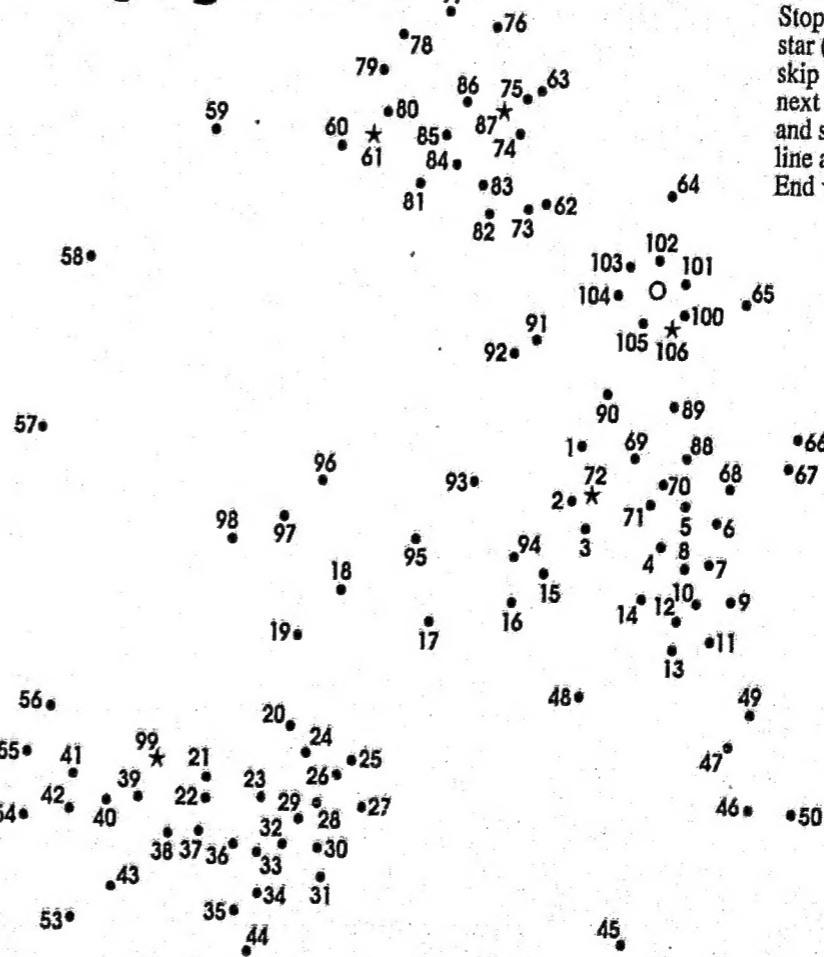
© 2012 King Features Synd., Inc.

**Kids' Maze**

© 2012 King Features Synd., Inc.

**monkeying around****Stars**

Stop at each star (\*), then skip to the next number and start your line again. End ★ 106



# MAHOOSUC KIDS

Enrichment opportunities for the children in SAD #44

## From the Director

Welcome back to school! MKA would like to announce the addition of 3 new people to our after-school staff. Crescent Park welcomes Angela Lutzo and Amanda Jordan. Angela brings many years of experience working with children and has recently moved to Bryant Pond with her husband Nick. Amanda will be working at our CPS site as well as offering Theater programs for students both at Crescent Park and the Woodstock school sites. Meryl Kelly is our new Telstar High School staff. As an AmeriCorps member, she will be working with students during the school day and with MKA after-school. Returning to their respective schools are Lorrie White at Telstar Middle School and Veronica Penley at the Woodstock School. We look forward to another great year of after-school learning and enrichment.

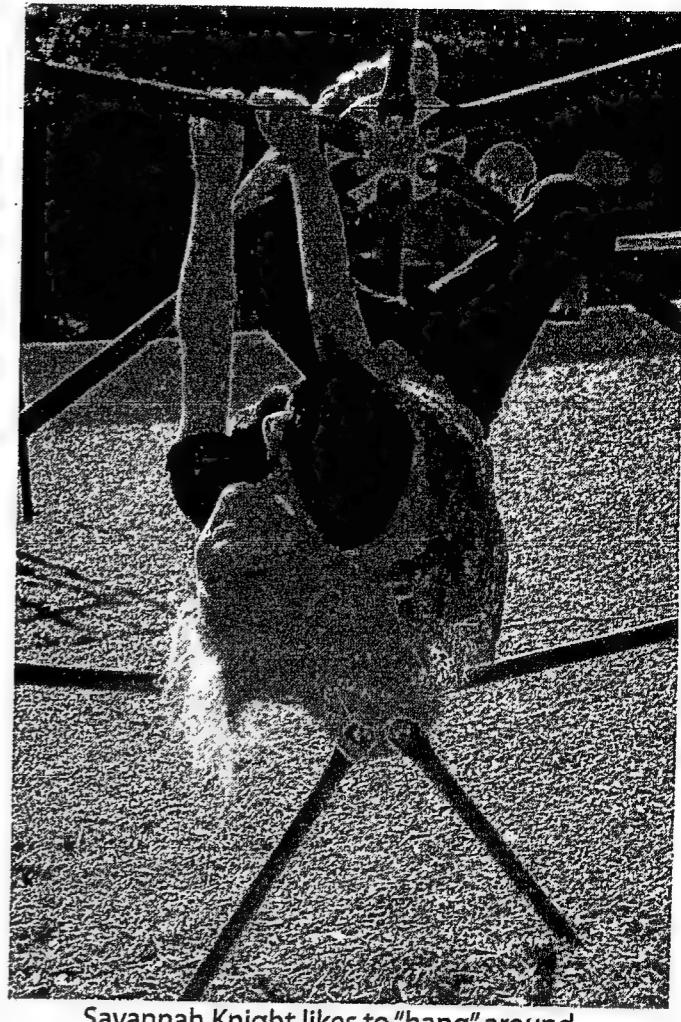
At this time we have Theater, Yoga, Karate, and Lego programs under way. Volunteers are always welcome and donations of materials and supplies are greatly appreciated.

Thank you for your continued support.

Happy Fall! - Julie Hart,  
MKA Director



Heather Roderick from Northeast Bank recently presented a check to the Mahoosuc Kids Association. The donation is the proceeds from the "Mollyocket Day" dunk tank. Thanks to Northeast Bank for helping the kids with the parade float and for this generous donation.



Savannah Knight likes to "hang" around.



Odessa Files watching over the playground!



Shelby Thorman, Lauren Merrill, Bella DeVivo, and Addie Charette after a MKA workout!



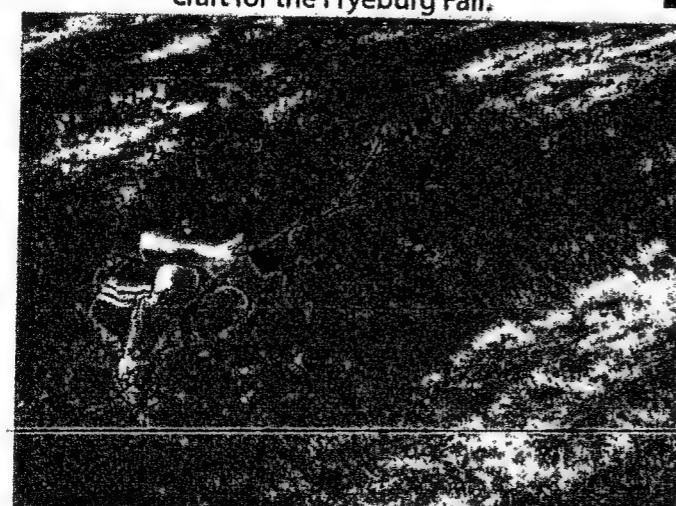
Racheal MacKillop works on a craft that will be shown at the Fryeburg Fair.



Katherine Haley and Tanner McLean practicing their new theater skills.



Adeline Charette, Megan Cox, Nicole Cox, Isabella DeVivo, Odessa Files, Macie Hallet, Jakob Hooper, Riley Jerome, Bode Leach, Evan Leach, Natasha Mason, Corrine Nivus, Hannah Pierce. Posing for a group picture on the first day of theater.



Grady Kellogg explores the school grounds during recess.

The following businesses proudly support the Mahoosuc Kids Association!

**Good Food STORE & Catering Company**  
**Great Heat and Eat Foods**  
Open daily 9 - 8  
U.S. Route 2, Bethel  
824-3754

**Nurturing Vines Childcare**  
824-4926  
VISITORS WELCOME  
312 Mayville Road

**CONWAY ORAL HEALTHCARE**  
603-447-1999  
**Conway, NH**  
Your \*almost\* local dentist!  
Take \$100 off with this ad!!  
conwayoralhealthcare.com

[www.knoppchiropractic.com](http://www.knoppchiropractic.com)  
**Knopp Chiropractic**  
39 Paris St., Norway, ME  
207-743-2866  
**QUALITY SPINAL HEALTHCARE SINCE 1986**  
Digital Motion X-ray  
Computerized Evaluation and Treatment  
We accept all major credit cards and debit cards including Health Savings Accounts.  
We now offer discounted Family Plans.  
We also provide necessary paperwork for filing for your out-of-network benefits.

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## MAC receives grants

The Mahoosuc Arts Council has been awarded two \$3,000 grants from the New England Foundation for the Arts (NEFA) through the

New England States Touring Program to support performances in the 2012-13 Gould and Telstar performing arts series.

One grant was awarded for an innovative, cross-sector collaboration between arts and agriculture in the form of a spring 2013 theater residency at Crescent Park Elementary School based on the critical role of honey bees in the global food supply.

The program will encompass participation of Telstar middle and high students and the Gould agriculture program, and local farms which raise bees. Ultimately, the result will feature an original musical performance of To Bee or Not to Bee, by CPS students, and the construction of a bee perimeter around the Telstar gardens which will support the honey bee population and benefit the school gardens.

The other award will support presentations of Burlington Taiko for a public performance at the Gould Academy and in-school assemblies for the K-12 students of SAD 44 on Oct. 23 and 24. This breathtaking group represents the most elemental and ancient of Japan's musical forms and cultural traditions and will be bringing the largest of all Taiko drums with them, the Odaiko, for performances requiring athletic endurance as well as musical skill.

The 2012-2013 Gould and Telstar Performing Series feature the following performances throughout the season, with the elementary series noted below:

Oct. 19 - In the Blood: Live multi-media documentary and exhibit on Maine's rich logging history

Oct. 24 - Burlington Taiko Drummers

Jan. 29 and 30 - In the Blood: Live multi-media documentary and exhibit on Maine's rich logging history

April 2 and 3 - Syncopation: Modern-day Manhattan Transfer a cappella Jazz Quartet  
Elementary Series:  
Oct. 23 - Burlington Taiko Drummers  
Jan. 23 - Hip Hop Hand Book: Urban Dance  
March 29 - Too Bee or Not Too Bee Arts and Agriculture Theater Residency presented by the Piti Theater

All performances are open at no charge to district homeschooled and charter school students and well as students in special educational facilities. If you have any special requirements for accessing this programming, such as hearing or sight impairment or physical disability, please contact the Council to discuss options for accessibility. These series are also supported in part by the Gould Academy, MSAD 44, The Bethel Rotary Club, The Maine Arts Commission, the Franklin Savings Bank, the New England Foundation for the Arts, Bethel Area businesses and private donors. FMI: [www.mahoosucarts.org](http://www.mahoosucarts.org), [info@mahoosucarts.org](mailto:info@mahoosucarts.org) or (207) 824-3575.

## BHS, MLT land use/land records series

A series entitled "My House/My Land: What Is Its History" will be offered jointly by the Bethel Historical Society and the Mahoosuc Land Trust starting on Tuesday evening, Sept. 25, at 7:30 p.m. The three-part program will take place at the Dr. Moses Mason House (14 Broad Street) in Bethel and examine home and land ownership in a historical context, going back from the present to pre-settlement times.

The first talk will be given by Richard Hale, Associate Professor Emeritus in Wood Technology at the University of Maine School of Forest Resources. A member of the Historical Society's Board of Trustees, Hale will focus on Maine land-use history in the Bethel area.

The second lecture and discussion, scheduled for 7:30 on Oct. 9, will be led by Kirk G. Siegel, Esq., of Hanley & Associates, P.A. and Oxford Title. In a program entitled "Understanding Your Essential Land Records," Siegel will discuss two related aspects: Essential Land Data for Real Property Owners and Exploring Land Records for Historical and General Research. He will also touch upon the subject of conservation options for landowners.

The third and final session in the series, tentatively scheduled for Oct. 23, will cover the importance of having a property legally defined on the ground by surveys, how surveys are properly carried out, and what problems surveyors often encounter in their research.

For more information about this series, contact the Bethel Historical Society at 824-2908 or [info@bethelhistorical.org](http://bethelhistorical.org).

## Senior Citizens meet

The Bethel Senior Citizens Club met Sept. 12 at the Bethel Legion Hall for their meeting and luncheon with 31 members present. President Caroline Gould conducted the meeting, led the salute to the flag, led in the singing of "God Bless America" and offered a prayer. A moment of silence was observed in memory of member Ernest Angevine who passed away Sept. 2.

Reports were given by Musa Brown and Arlene Lowell.

The door prize was won by Nancy Willard, who also won the 50/50 raffle.

The program was songs and yodeling by Jewel Clark.

The next meeting will be Oct. 10 at the West Bethel Grange Hall. Meeting starts at 11 a.m. Reservations must be made before Oct. 3 by calling Caroline at 824-3226 or Arlene at 824-3877. Price of dinner is \$10.

Roberta Taylor and Carolyn Campbell will perform a skit.

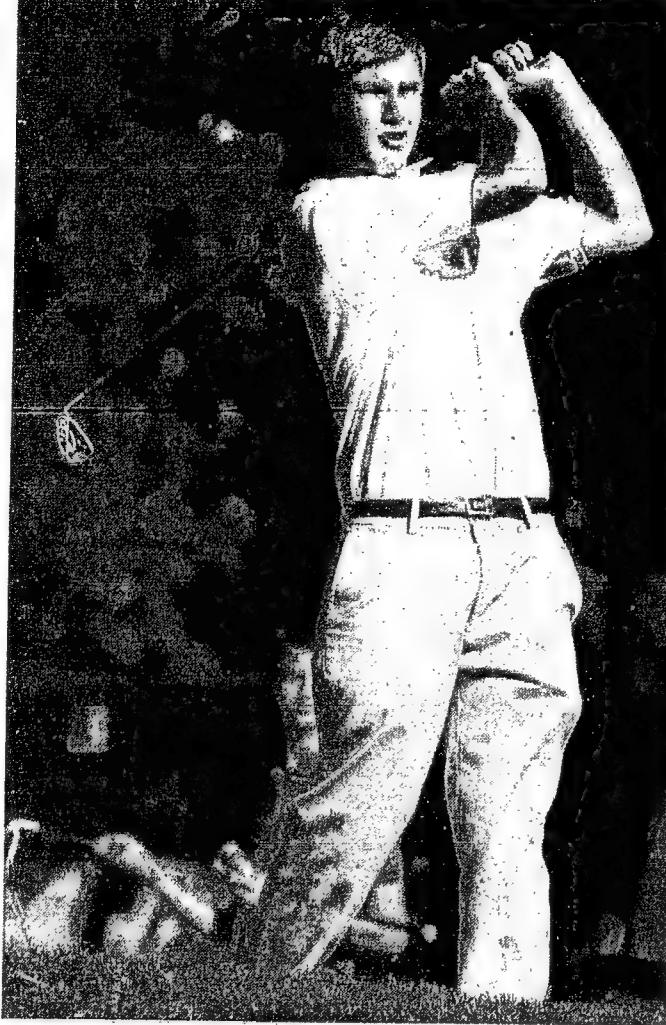
Due to the weather the trip to the Gray Animal Farm scheduled for Sept. 19 has been cancelled.

A foliage trip to Rangeley was discussed and will be

## The Bethel Citizen

Thursday, Sept. 20, 2012

# School Sports



Telstar High School golfer Colt Davis tees off in a match last week at the Bethel Inn & Country Club against Oak Hill. (Photo: A. Aloisio)

### High School Boys' Varsity Soccer

Mt. Valley 8, Telstar 3; Sept. 13-Mountain Valley took control of the game early and opened up a 5 to 0 lead at the half. The guys looked flat, out of position, and were not winning the ball. Mountain Valley looked hungry for a win and clearly out played us the first half. During the half time we discussed what we needed to do different. I told them to go back out there, forget about the score, and get back into the game. One minute into the second half Nic Conrad put the ball in the net. Another minute later Ricky James shot another one in. About a minute later Nic Conrad scored again and the game was now 5 to 3. Mountain Valley realized Telstar was not going to give up easily and for the next 20 minutes it was all defense, but in the end the Rebels would run out of gas and allow the Falcons to score 3 more times to end the game. - Coach John Eliot

Wiscasset 7, Telstar 2; Sept. 14-For the first 20 minutes there was no score, but some amazing defensive play by both teams. Aaron Speakman, Nick Johnson, Tyler James, and Ricky James stood out on the Rebels defensive side. Wiscasset finally put one in the net to break the scoreless tie. Eight minutes later they would make it 2-0. With 12 minutes left, Nic Conrad got the Rebels on the board. Shortly after, Wiscasset put another one in the net, only to be answered by another goal from Conrad. At the half it was Wiscasset 3, Telstar 2. "I told the guys that half was the best I had seen them play all year. They really looked good." That would be as close as the guys could get. During the second half Wiscasset would prove too strong and put 4 more goals on the board. Congratulations to Goalie Dylan Helms. It's amazing to see a goalie stop one penalty kick, but Dylan did it twice in one game. - Coach John Eliot

### High School Girls' Varsity Soccer

Carrabec 5, Telstar 0; Sept. 17-The girls gave a courageous effort playing their fifth game in 11 days. - Coach Bob Remington

sometime in October.

Caroline Gould spoke about the Senior Plus Expo which is at Sunday River Oct. 5. She had information for those who were interested.

Cards were signed for shut-in and ill members.

Happy Birthday was sung to those having September birthdays, Carol Brearley, Fumi Head, Beatrice Lowell, Doris Mills, Hugh Swan, Ruth Sobociński and Patricia Thurston; Caroline also took a picture of those having a birthday.

## Democrat campaign news

The Oxford County Democrats participated in the

Buckfield Labor Day parade and had a booth on the football field. Congressman Mike Michaud accompanied Rep. Terry Hayes, Senator John Patrick, Register of Probate candidate Carol Gutekunst, and County Treasurer Roy Gedat in the parade and in meeting and greeting the crowd as well as enjoying the great food and fine day. County Democratic Chair Cathy Newell, and activists Jimmy McHugh and former Senator Bruce Bryant were on hand to help with the booth.

A terrific kick-off for the Obama campaign and for the Southern Oxford County Democratic candidates was held in Fryeburg on Sept. 7 at the home of Stefi Reed Hastings. Representatives from Obama campaign in Maine and

New Hampshire attended along with the Oxford County Democrats chair Cathy Newell to describe volunteer opportunities. Candidates attending included Rep. Helen Rankin, Dennise Whitley for Maine Senate 13, Carol Gutekunst for Register of Probate, and Charleen Chase for County Commissioner District 1.

The field office in Bridgton, at 148 Main Street, will be opening in mid-September, with a Kick-off supper held at the Bridgton Community Center on Saturday, Sept. 15.

The Bridgton office joins the offices in Mexico at 55 Main Street and Norway at 310 Main Street in supporting the Western Maine candidates and the top-of-ticket campaigns. For information on vol-

unteering at any of the offices, call 357-7510.

Events this fall include suppers at the Eagles Hall in Rumford on Friday, Sept. 28, and Thursday, Nov. 1, and in Norway at the Second Congregational Church on Friday, Oct. 26. All begin at 5:30 with a ticket price of \$7. These suppers are a great way to meet candidates and support the Oxford County Democrats.

The Oxford County Democrats will have booths at the Fryeburg Fair and at Oktoberfest in Rumford. A booth was staffed at the Community Day at the Oxford County Fair.

For online information on the Oxford County Democrats, visit [www.oxforddemocrats.org](http://www.oxforddemocrats.org) or [www.facebook.com/OxfordCountyDems](http://facebook.com/OxfordCountyDems).

## Church Services

- BETHEL**
- Bethel Alliance Church** - 251 Walker's Mills Road, Rev. Kevin Bellinger, Senior Pastor & Nicholas Lutzo, Youth Pastor. Sundays: 9 a.m. Sunday School for adults and children, "Sunday Morning Live" for Middle and High School youth; 10 a.m. Worship Service (Nursery care and Children's Church are available); 4:30-6:30 p.m. Kidz Klub (4 yrs.-5th grade). Tuesdays: High School Youth Group 5-7 p.m. Thursdays: Middle School
- Youth Group 5-7 p.m. FMI: 207-824-2289
- Bethel Church of the Nazarene** - 16 Church Street, Bethel. Sunday School, 9:30 a.m. A.M. Worship, 10:30 a.m. Wednesday, Bible Study and Prayer, 7 p.m. Third Sunday of each month at 9 a.m., breakfast open to the public at no charge. For info or if you have a prayer request: Gerry Shimamura 824-7289 or Juanita Korhonen 665-2528.
- Roman Catholic Church of the Holy**
- Savior, Our Lady of the Snows** - 265 Walkers Mills Road (Rt. 26), The Rev. Philip Tracy. Saturday Mass, 6 p.m. Office 364-4556, announcements 824-2933.
- Episcopal House Church** - Third Sunday of the month, 4 p.m. FMI: 824-2849.
- West Parish Congregational** - Church Street, Rev. Virginia Rickeman, Pastor. Sundays: 10 a.m. worship and Sunday School Sept.-May. Nursery and child care provided. Tuesdays: 8 a.m., informal Prayer Group with coffee in the Chapel. All are welcome. First Wednesday of the month: 8 a.m., Mens' Breakfast Group. Entrance in rear of church. All events open to everyone. This is an open and affirming congregation. FMI: 824-2689; 824-0550.
- United Methodist** - Main Street - Pastor Carol Stevens. Sunday worship 9 a.m. Bible Study 1:30 p.m. on Wednesdays at Sudbury Village, Apt. 16. FMI: 824-0797.
- West Bethel Union**
- Rev. John Williams**. Morning worship and 9 a.m. Sunday School. FMI: 836-3533 or 836-2882.
- Pleasant Valley Bible** - Pastor Dave Fraher. Sunday Services: Sunday School, 9 a.m.; Worship Service, 10 a.m. Ladies Bible study Tuesday, 2:30 p.m. Midweek Bible study and prayer, Wednesday 6 p.m. Awana Club Fridays 3:30-5 p.m. (Cubbies ages 3/4; Sparks Grades K-2; children may take bus from school). Monthly Youth Group meetings and Grades 3- high school.
- FMI: 836-2828.**
- Church of Christ** - at home of Keith Hamel, minister, 507 Walker's Mills Road (Route 26), Bethel. Sunday: Bible class, 9 a.m.; Worship Service 10 a.m. Wednesday: Bible study, 7 p.m. FMI: 824-3577.
- Seventh Day Adventist Fellowship**: Meets at the Nazarene Church on Saturdays, on Church Street in Bethel. Sabbath School 9:30 a.m.; Worship, 11 a.m. FMI: 824-8939.



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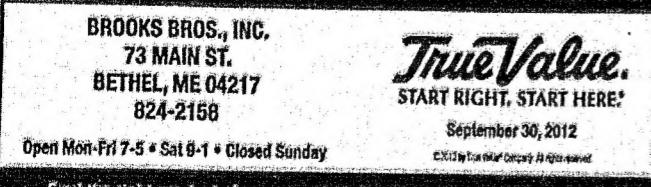
Town will supply the salt.

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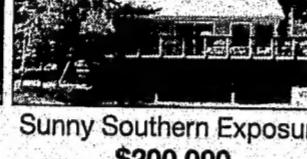
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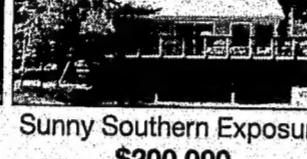
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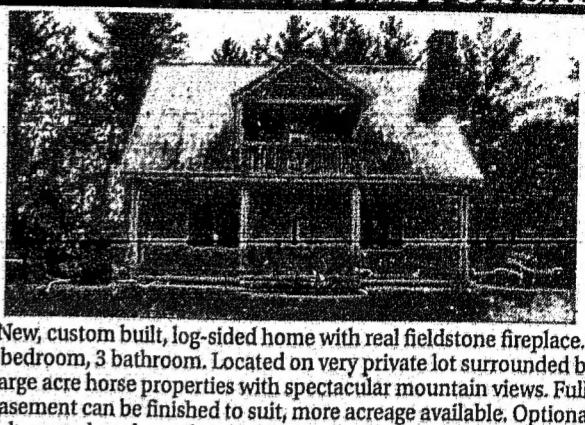
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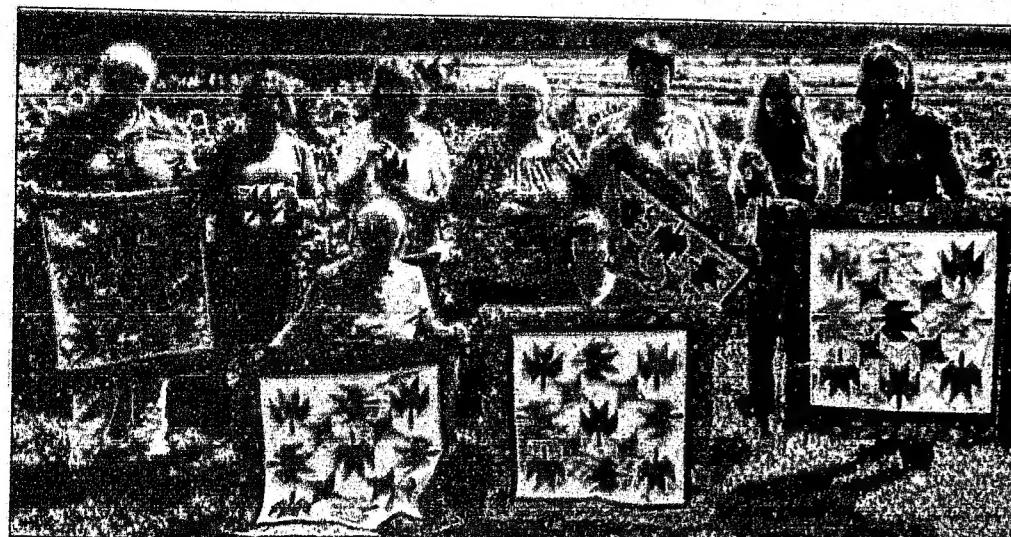
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## A Quilt Shop Hop through Western Maine

Quilters and lovers of quilts are invited to explore and enjoy the Western Maine mountains, foothills, and lakes region during the height of foliage season, visiting each of the nine quilt shops participating in the 2012 Autumn Splendor Quilt Shop Hop. Featuring historic covered bridges, rivers and streams, amazing scenic vistas and breathtaking views on the Scenic Byways, the loop from one quilt shop to the next offers a wide variety of autumnal activity and enjoyment. There are hiking and walking trails, quiet waters to kayak or canoe, golf courses, picnic areas, inspiring photographic scenery and much more along the way. The water cascading down the rocks at Smalls Falls and Screw Auger Falls are sights to behold year-round and come alive with the golds and oranges of Autumn. The annual Fryeburg Fair is one of Maine's Blue Ribbon Classics. Each location has events and venues that celebrate this most beautiful of seasons in Maine. The Autumn Splendor participating Maine shops are: Oxford Mill End Store in Oxford, Babbling Brook Quilt Shop in South Paris, Kedar Quilts in Waterford, Rocky Ridge Quilters in Lovell, North Woods Quilting in Wilsons Mills, Threads Galore Quilt Shop in Rangeley, Pins & Needles in Farmington, and Fabric Inn in Farmington. Each shop will be open 10 a.m. until 5 p.m., Monday through Saturday and 11 a.m. until 4 p.m. on Sunday during the shop hop dates of September 27th through Oct. 8. At each quilt shop, hoppers will receive a quilt block pattern and the main fabric for that block and other goodies along the way. The pattern for the Autumn Splendor Quilt will be given to hoppers at the ninth shop they visit. Completed passports will be entered in the grand drawing for gift certificates from each shop as well as prizes donated by quilting vendors. For more information, please visit the website <https://sites.google.com/a/threadsgalore.com/autumn-splendor/> or email Carol Perkins at [cperk219@me.com](mailto:cperk219@me.com).

**Wanda Lynn Piawlock Monbleu, 50, died suddenly September 6, 2012 at the Mat-Su Regional Medical Center in Palmer, Alaska.**

Wanda was born September 2, 1962 in Rumford, Maine where she raised her two children and worked many different occupations including a line cook, house keeper, equipment operator, she ran a painting business, and she also worked on the north slope. In 2002, seeking adventure, she moved with her children and started a new life in Alaska. She married in 2005. Wanda loved her family back east and kept in close contact with her mother. Wanda was a very strong willed person who sometimes could be outspoken but believed honesty to be important. Her children and husband always came first and foremost. Wanda had many interests; her favorite things were the ocean, diving, sea shell collecting, gardening, her dog Gunner, spending time outdoors, fishing, puzzles, and candles.

The family wrote, "Wanda was a dedicated mother of two children and always put family first. She loved to follow school sports and she frequented the library daily. Wanda was a very strong willed woman who didn't know the word "easy" and she was proud of being from Maine. Rest in peace, Sweetheart."

She is survived by her mother, Clare Piawlock; brothers, Terry, Michael, and Brian Piawlock; sisters, Wendy Annis, and Brenda Piawlock all of Bethel, Maine; a list of nieces and nephews, her immediate family; husband, William R. Monbleu; daughter, Jessica Clare Lavallee; and son, Courtney James Lavallee.

Arrangements were cared for by Valley Funeral Home & Crematory. An online guestbook and obituary may be visited at [alaskanfuneral.com](http://alaskanfuneral.com)

## WMSC: Good Sleep program

"Good Sleep: Working to Keep You Healthy" is the topic of a program to be presented by Joseph P. DellaValla, MD, FACP, on Thursday, Oct. 4, from 4:30 to 6 p.m. at the Bethel Congregational Church, Church Street, Bethel.

This program is the first of a series to be presented by To Your Health of Western Mountains Senior College (WMSC) focusing on the theme, "Keeping the Glass Half-full - maximizing our health and happiness as we grow older."

This series was developed based on topics given in evaluations of previous programs, as well as issues brought to the attention of the To Your Health committee.

Dr. DellaValla is well qualified to address the topic of good sleep. He is the Medical Director of the Center for Sleep Medicine at Androscoggin Valley Hospital, Berlin, N.H., and Littleton Regional Hospital, Littleton, N.H. He completed his internal medicine residency at Christiana Care/Medical Center of Delaware in Newark.

His additional education included work at the Upper Peninsula Sleep Disorders Center in Iron Mountain, Mich., the Portage Health Sleep Disorders Center in Hancock, Mich., and the Stanford University-affiliated School of Sleep Medicine in Palo Alto, Calif. His undergraduate studies were completed at the University of Scranton, Penn., where he graduated cum laude with degrees in Philosophy and Biology.

Before coming to New Hampshire two years ago, Dr. DellaValla held a position for six years with the Portage Internal Medicine Associates in both sleep medicine and internal medicine capacities. He is a Fellow of the American College of Physicians, and a member of the American Academy of Sleep Medicine and the American Medical Association.

Dr. DellaValla's talk will focus on learning the ba-

sics of how one sleeps, why sleep is important, how to sleep better and common sleep problems.

According to Dr. DellaValla, sleep medicine includes the evaluation and treatment of a full range of sleep complaints, including not sleeping enough, sleeping too much, and things that go wrong while a person is asleep.

He said, "By treating sleep problems, we hope to improve the original sleep complaints and also hope to improve the health of patients in ways that are not obviously sleep related."

As an example, Dr. DellaValla added that the treatment of sleep apnea, which is a disorder of our breathing while we sleep, not only helps people sleep better, but can help control high blood pressure, reduce the risk of heart problems and decrease a person's chances of stroke.

Dr. DellaValla will allow time for questions and will have many handouts available.

To Your Health is sponsored by WMSC as a community service with the collaboration of Bethel Family Health Center and MSAD 44/Continuing Education. WMSC, with its motto, Ten Years and Still Learning, is celebrating its 10th anniversary of bringing learning resources to its membership. To Your Health has been offering health information of concern to the community for six of these years. All programs are open to the public and admission is free. FMI contact R. Tiff at 824-2053.

## Upper Andro 2-Fly Contest winners

Pete Smith of Farmington won the trophy for the biggest trout caught during the annual Upper Andro 2-Fly Contest in Bethel held Saturday, Sept. 15. Pete netted a 15-inch brook trout in the river near Gilead. Second place went to Jerry Miller of Marblehead, Mass., with a 14 1/8th-inch brook trout and third place to Sean Libby of Deerfield, Mass.,

who caught two 14-inch rainbow trout.

The award for the largest catch went to Dan Reader of Rochester, N.H., who caught six rainbows and a brook trout.

Second place went to Todd Richard of Farmington, Maine who caught five rainbows and a brown trout and third place went to Amy Grant-Trefethen of Mt. Vernon, Maine, who caught three rainbows, a brook trout and a brown trout.

The Rocky Freda Turtle Water Trophy presented to the oarsman of the team who caught the most fish was shared between the teams from Schiavoli Homes/Northern Lights, Scott Stone from Norway, Maine, as oarsman, and Skinny Moose Media's Northern Maine Drifters team rowed by Brian Reader of Cornish.

Maineflyfish.com's "Big ol' Chub" trophy went to Stoo Mason of Bethel who caught a 15 1/2-inch chub and a total of fifteen of these "mountain" trout.

Thirteen teams of two anglers and an oarsman fished the Upper Androscoggin River from Shelburne, N.H., to Rumford Center, Maine.

The anglers were restricted to using only two flies to catch the biggest and the most trout for an eight hour time period from 6 a.m. to 2 p.m.

In Friday afternoon's Northeast Drift Boat Championship, testing the rowing skills of the oarsmen over a 1/4 mile course, first place honors went to Sam Lambert of Bath, Maine, Second place to Kate Farnham of Bath, Maine and third place to Scott Stone of Norway, Maine.

Awards were presented at the Bethel Inn Resort immediately following a drift boat parade up Bethel's Main Street and around the Harvestfest on the town common.

Along with trophies, winners received merchandise prizes from Sun Valley Sports, L.L. Bean, Kittrich Trading Post, Patagonia, Setters Point Inc., and Cabela's.

Anglers interested in participating in the 2013 Drift Boat Championships and 2-Fly Contest should contact the Upper Andro Anglers Alliance at [fish@upperandro.com](mailto:fish@upperandro.com).

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## Socrates Café to meet at Waterford Library

A Socrates Café gathering will be held at the Waterford Library on Monday, Oct. 1, from 6:30 to 8:30 p.m. Meetings are held on the first Monday of each month. The group offers a forum to discuss current topics and ideas in a warm, friendly atmosphere, where divergent views will be welcome.

The topic for the October meeting will be "What is Truth?" The moderator will be Jim Kearney.

For more information call 583-6957 or e-mail the library at [wla@waterford.lib.me.us](mailto:wla@waterford.lib.me.us)

## Cliff Gray

Cremation ~ Funeral Services LLC

60 Andrews Road

Bryant Pond, ME 04219

Tel: 461-6050/674-2208

E-Mail: [cliffmimigray@gmail.com](mailto:cliffmimigray@gmail.com)

## CHINESE AUCTION

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SEPTEMBER 29, 2012

Oxford Hills Comprehensive High School ~ South Paris

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Bidding 5 PM to 6:30 PM

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### LOOKING FOR NEW MEMBERS!

We have an active Weight Watcher's Group right here in Bethel, Wed. 5:30 at Jades Salon!

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#### NEW RATE for our 12 week program.

The normal rate for 12 weeks is \$145.00, but now Weight Watchers of Maine has offered this plan for \$110.00 - that is a \$35.00 savings! The catch is that instead of a 15 member minimum, we need 20 members. The first 4 people to sign up will get a gift from us.

Help us help you!

**ATTENTION: Deadline this Saturday, Sept. 22nd. An offer too good to miss, will have YOU in good shape by the Holiday's.**

For Details, please call: 824-7340 or 824-3314

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**BIG Beautiful Mums  
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**ALL Garden Supplies**

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## The family of Ernest Angevine

would like to thank everyone for their cards, calls, visits, stories, and all their words of kindness during this difficult time. A special thank you to all who made the Tree Farm Field Day a wonderful celebration showcasing Ernest's love of his trees. Also, thank you to all who attended Ernest's memorial service. It was overwhelming to see so many people. A special thank you to Pastor Kevin Bellinger and Pastor Chuck Mason, and to the ladies of the Alliance Church and Crescent Park School.

Sincerely,  
Alberta, Barbara, Richard, Judy and Families

Gibson Orchards

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September & October

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